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J-5 – On the leading edge of change

MAJ. SCOTT G. WILSON
STATE PUBLIC INFORMATION OFFICER

Out in front.

It is a continuing theme of the adjutant general, as he continues to place Connecticut on the leading edge of change.

A product of his vision is the J5 Directorate. The J5 position was established nearly two years ago and recently rounded out with the addition of seven Air National Guard personnel.

During most of last year, the J5 shop, under the leadership of Col. Gary Thorstenson, was heavily involved in many post 9/11 operations including coordinating and directing the CTNG's massive response to Operation Noble Eagle to include airport and critical infrastructure security, support to the Olympics in Utah and 24 staff duty hour operations (which still exists).

Col. Mark Scraba took over the reigns of the J5 Directorate upon his return from the Naval War College in June and now leads this joint organization, made up of both Army and Air National Guard personnel.

Functions and Responsibilities

The overarching purpose of the J5 is to direct, plan, and coordinate Joint military operations of the CTNG in support of civil-authorities.

"Plans, plans, plans," said Scraba, referring to the Adjutant General's immediate focus of the J5. "We will continue to coordinate the many traditional military support missions to our communities, however a greater portion of our time in the J5 Directorate must be spent on assessing,



Col. Mark Scraba briefs members of the J5 on what their mission and individual responsibilities are. (Photo by Maj. Scott Wilson, State Public Information Officer)

updating, rewriting and then exercising all the Connecticut Military Department Military Support to Civil Authorities (MSCA) OPLANS that could be implemented to support civil authorities." The J5 Directorate has also been tasked with writing new Homeland Security plans that are relevant in the post 9/11 environment.

The J5 Directorate also includes the CTNG Counter Drug office under the command of Maj. Tim Krusko and the Weapons of Mass Destruction- Civil Support Team under the command of Maj. Paul Ciesinski. NGB is also working on two proposals that are intended to add a 160-person "quick reaction force" (QRF) capability for each

state and perhaps as much as six additional full time authorizations for planning and coordinating homeland security contingencies.

J-5 Concept

The J-5 Directorate was carved out of the POTO (Plans Operations and Training) Directorate. Simply put, the adjutant general took the planning and operations functions of the POTO to form the J5 Directorate, thus enabling the POTO to concentrate exclusively on training, readiness and mobilization of Army Guard soldiers.

The J5 is focused solely on the Guard's

See J5 Page 4

Bush signs Defense Bill, says 'Nation faces new dangers'

KATHLEEN T. RHEM
AMERICAN FORCES PRESS SERVICE

President Bush signed the fiscal 2003 Defense Appropriations and Military Construction Appropriations acts into law Oct. 25 in a White House ceremony. The president noted the security of the American people is the first commitment of the American government. "Our nation faces grave new dangers, and our nation must fully support the men and women of our military who confront these dangers on our behalf," Bush said in remarks before signing the two bills.

Vice President Dick Cheney, Defense Secretary Donald Rumsfeld, the military service chiefs and senior enlisted advisers, several congressmen and other politicians and leaders were on hand to witness the president's signature. The fiscal 2003 defense appropriation of \$355 billion reflects a \$37 billion increase over fiscal 2002 spending.

"Since September the 11th, Americans have been reminded that the safety of many depends on the courage and skill of a few. We've asked our military to bring justice to agents of terror. We've asked our military to liberate a captive people on the other side of the earth," Bush said, in explaining the increase. "We've asked our military to prepare for conflict in Iraq, if it proves necessary. We're asking young Americans to serve in many places far from home, and at great risk.

"We owe them every resource, every weapon and every tool they need to fulfill their missions," he said. "The best military in the world must have every advantage required to defend the peace of the world."

Bush said the legislation matches "increased funding with clear priorities." It provides for a 4.1 percent pay raise for service members, increases in full-time support positions for the reserve components, and continues to reduce out-of-pocket housing expenses for service

See DEFENSE BILL Page 4



A medic finds it difficult to treat a patient while they are both in protective gear. (Photo by Sgt. 1st Class Debbi Newton, State Senior PA NCO)

Rescue!

SGT. 1ST CLASS DEBBI NEWTON
STATE SENIOR PA NCO

The soldiers were enjoying their quiet flight home from a training mission. The pilots, however, were not. Something was wrong with an engine and they needed to set down quickly.

Meanwhile, on the ground, four young soldiers were sitting in a car amongst the trees next the seldom-used runway. It's unclear if alcohol was involved.

As the foursome decided to head back to the barracks and started pulling out onto the runway, the plane was making an emergency landing on the same runway.

See RESCUE Page 24

Up Front with the Adjutant General

Thanksgiving and Families

MAJ. GEN. WILLIAM A. CUGNO
ADJUTANT GENERAL



November marks the start of the busy holiday season for Americans everywhere. However, as members of the Connecticut National Guard family, we know that our Guard has been busy since the tragedies of Sept. 11, 2001.

Our members, including federal civilians, State Military Department employees and our militia members, have been called to serve in various capacities. Whether performing security details at armories and airports, providing air security over the country, or peacekeeping missions overseas, our force is strong, professional and more publicly supported than ever. This increase to optempo has resulted in an obvious increase to time away from home.

During the month of November, the Department of Defense will honor the families of our military forces during Military Family Appreciation Week. Appropriately, this celebration begins on Sunday, Nov. 24, the week of Thanksgiving. Throughout this week, families everywhere will travel to relatives' homes to share the holiday while our troops are serving to protect the Americans' right to freedom.

The military family is one that often

suffers separations during the holiday season and this year will be no different. In fact, it may be even more difficult. It is my hope that you can find comfort in knowing that the work they are doing is of benefit to our State, Nation and World. More importantly, the Governor of our great state and the leadership of the Connecticut Guard recognize that without the love and support of a member's family, their service would not be possible.

This special year, as our Connecticut Guard Family celebrate Thanksgiving – some in our state, some across the nation and some overseas, we reflect on the many blessings we enjoy individually and share as Americans.

From its pilgrim heritage, Thanksgiving has come to signify the American spirit – a spirit both of self-reliance and of gratitude for the abundance in our land. That spirit, more than anything, helps to nurture the freedom and prosperity that Americans hold so dear. That same spirit sustains our membership, their families and civilians who defend our freedom.

George Washington made Thanksgiving his first proclamation for our new nation and this holiday has become America's oldest tradition. We continue as a nation what was begun by our founding fathers; to affirm our love of family, friends and community, and bestow blessings upon one another for the bountiful harvest that we share.

So as we celebrate the holidays over the next

several weeks, let us keep our uniformed men and women everywhere in our thoughts and prayers, for we in the military are part of one large extended family. May we also be reminded of what's most important in life – our families, our friends, their love and undoubtedly, our liberty.

As we offer thanks with family and friends this holiday, let us remember those less fortunate and the countless others who cannot celebrate the day with their loved ones.

Proudly, we will continue to serve as our Governor and President call on us because we are a competent, prepared force. To all families - my thanks for your patience, your contributions, your understanding and certainly for your service, because we know our Guard could not survive without your support.

Carolyn and I wish you and your families all the very best this Thanksgiving holiday. May God bless all of our service members, our families and America.

Perspectives

Who has been the greatest influence in your military career? How?



SENIOR AIRMAN AMY WARE
AIRCRAFT ARMAMENT SYSTEMS SPECIALIST, 103RD
LOGISTICS GROUP

Ret. Command Master Sgt. Ron Richardson and Tech. Sgt. Roli Cyr. (Cyr) was the one who showed me around. He first made me excited about my career field. He made me want to try harder to do better. He's such a great teacher.



SGT. JIMMY J. BARRETT
Co. B, 1ST BATTALION, 102ND INFANTRY
TEAM LEADER

Sgt. 1st Class Jack Hobbs (ret). He was honest and spoke the truth. He followed-up even after his retirement. It wasn't a number thing, he actually cared about me.



SGT. DAVID RIVERA
Co. C, 1ST BATTALION, 102ND INFANTRY

My brother Edwin Rivera. I'm the youngest in a family of 9 with 4 brothers. My brother was never a quitter and taught me to never quit, God willing I want to do 42 years in the military.

MAJ. FRAN J. EVON
TRAINING ADMINISTRATOR
169TH LEADERSHIP REGIMENT

My father was the greatest influence. He was a Vietnam Veteran and gave me the latitude to learn on my own.



SGT. WILLIAM B. MELANSON
169TH LEADERSHIP REGIMENT

My father. My father taught me to lead by example and to never accept second best. He always said put your best effort every time and that there is no such thing as a second impression. Good leaders and bad leaders you learn from both.



SENIOR AIRMAN ROBERT E. BAILEY
MUNITIONS SYSTEMS JOURNEYMAN
103RD LOGISTICS GROUP

Staff. Sgt. Aaron Hann. Him receiving the Diamond Award inspires us to work harder at everything we do, not just in the military but in our civilian lives as well."



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Second Company Governors Foot Guard

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Taking a chance to do something different

MAJ. SCOTT WILSON
STATE PUBLIC INFORMATION OFFICER

As she leafed through the local shoppers guide in 1974, Barbara Montigny recognized, as she says, a chance to do 'something different.' "The National Guard now takes women," the advertisement she was looking at said. She decided to take the initiative, and 'something different' turned into life's pursuit of military excellence and service.

In December of 1974, Montigny enlisted in the National Guard as part of the Civilian Acquired Skills Program, which allowed individuals possessing certain skills to embark on an accelerated schedule of indoctrination into military organizations. Upon enlisting, she underwent two weeks of basic training at Ft. McClellan, followed by four weeks of advanced training (similar to today's AIT) at (then) Camp Meskill.

Upon graduation, she was promoted to the rank of E-4, and assigned as a parts clerk with Company B, 242nd Engineer Battalion, in an 'M-Day' status.

"Women, at the time, were not allowed to be anywhere close to combat, so being assigned to a combat unit was a bit out of the norm," she explains. "But, if you had an MOS (military occupational specialty) that was not designated a combat MOS, you could perform it in the peace-time environment."

Montigny threw herself into her new work. She learned quickly that, to succeed, she needed to be more than a parts clerk.

"There were so few women, especially with the engineers, in those days. I had to fight to be one of the soldiers, and to be accepted," she remembers. "You know, you couldn't just be staying at the armory and writing up training schedules. You had to go out and do the things a soldier should be doing."

As a result of her initiative, she was selected as the soldier of the year in 1976, at the 103rd Support Center-Rear Area Operations level (equivalent to 85th Troop Command), after competing for and winning both the company and battalion nominations. She was also promoted to E-5.

"I had to learn to ignore comments, like 'Boy, I wish I had a sergeant with legs like that,' and the like. Again, it was relatively new for women to be as involved as I was. Not only did I have the normal NCO leadership challenges to deal with, but also issues like should I wear my skirt or pants with Class A's, and what message does each send? It was definitely challenging at times, and the military was learning as much as I was."

In 1978, after to her promotion to E-6, Montigny learned that she was no longer 'allowed' to be a member of the Engineer Battalion, because she was female. She was already actively involved as an instructor at the Connecticut Military Academy, so she transitioned to that organization as an



Sgt. Maj. (Ret.) Barbara Montigny takes time to reflect on a 28-year career during her retirement party at Camp Rowland. (Photo by Maj. Scott Wilson, State PIO)

instructor. She continued on M-Day status with the Academy, and also continued her civilian role as the Executive Director of the Northeast Chapter of the Red Cross.

Additionally, Montigny was asked to participate in a study of female soldiers, to assess if they were in military occupational specialties of their choice, or if they were participating in functions 'traditional' to their gender. She interviewed all the female soldiers in STARC, found that MOS 'stereotyping' did exist to a certain degree, and delivered the message to the command that women could serve in non-traditional MOS's successfully.

"Aside from helping to broaden horizons and opportunities for others, the study also allowed me to counsel female soldiers, many of whom were new, in the areas of uniform, general military appearance and bearing, and professionalism."

In 1979, Montigny again felt the urge to do something different. She left her civilian employment, and took a full-time (AGR – Active Guard/Reserve) position with the 208th Heavy Helicopter Company as its supply sergeant (now E-7), discontinuing work at the Military Academy because of

her AGR status. After eighteen months as the supply sergeant, she took over as the Administrative Chief. As a result, she eventually also became 'dual-hatted', fulfilling the first sergeant role.

"I can relate to people who want to consistently seek new challenges," she explains. "It keeps life interesting, and it definitely breaks things up and keeps you from getting bored."

Following her own advice, in 1984, Montigny again went looking for a challenge, and found it as a full-time recruiter, covering Hartford, Avon, Farmington, and Simsbury, to name a few. She spent four years recruiting, and then decided to go back to school to pursue a master's degree in Organizational Behavior from the University of Hartford. During this time, she also performed in an 'M-Day' status in various roles with Headquarters STARC, the Aviation Command, and the Military Academy.

Montigny's degree and expansive background eventually lead to a more in-depth role with the Military Academy.

"There were a lot of changes going on back then, and I was able to be very involved with the process of accreditation for what is now

known as the Leadership Regiment. It involved a lot of trips to the Guard Bureau, and a lot of work on the re-engineering of the Total Army School System. If I hadn't challenged myself and taken the initiative, I wouldn't have had such a great opportunity to contribute to change, so it all really paid off," she said.

With the transition work completed, she became one of the senior instructors with the Leadership Regiment, and was promoted to E-8 in 1994. At this time, Montigny also became heavily involved in competitive roller-skating, and in 1991 she and her skating partner were crowned the National Team Dance Champions.

Around this time, the National Guard was shifting into the 'new' promotion system, and shortly thereafter Montigny came out on top of the promotion list to E-9. She was promoted to sergeant major for G-1, and became the first woman to ever attain that rank in the Connecticut Army National Guard.

"Promotions become increasingly more fair and frequent for women under the new system," she notes. "The system was vastly improved, and provided absolutely no gender-bias. The point system helps reward performance, and places responsibility completely on the individual. It was a big wake-up for many people, and many women at that. It caused individuals to take more initiative, and to focus on self-preparation so that when opportunities arise, they are ready to seize them." Montigny attended the Sergeant's Major Academy at Ft. Bliss, Texas, graduating in 2000.

Montigny continued with the G-1 until an opportunity with the Family Program presented itself. She then transitioned to full-time with the Family Program office, and remained the G-1 sergeant major in her M-Day status. This continued until 1999, when deployments started becoming more frequent, and word came down that a Bosnia deployment was on the horizon. She became increasingly involved with the Family Program, supporting deploying soldiers and their families.

Sgt. Maj. Montigny became Sgt. Maj. (Retired) Montigny on Sept. 30, 2002, but she has no intention to sit still.

"I'm going to travel – it is one of the great loves of my life," she notes.

As for her legacy, Montigny marks one piece of advice she received as critical.

"You must network, and take advantage of opportunities to know and interact with people and units beyond your own. Don't pigeonhole yourself into one unit or group of people – broaden your horizons, and opportunities will come. If you take the initiative to prepare yourself for them, you will have a fascinating, colorful and lively military career."

And you might just get the chance to do 'something different'.

On leading edge of change, J5 stands ready

From Page 1

domestic mission, concentrating on military support to civil authorities and homeland security planning and operations. The J5 Directorate was also intended to be an initial step taken by the adjutant general towards his goal of Joint State Headquarters.

Scraba said the organization (J5) he inherited was well thought out and will operate functionally in the same conceptual manner that a J3 (Joint Operations), J5 (Joint Plans) and J6 (Joint Command, Control, Communications, Computers and Automated Systems, C4I) operate on a Joint Staff, and also how a G5 (Civil Military Relations) operates on a Army staff.

"Joint doctrine will be integrated and tailored with the unique aspects and considerations of the Guard's long standing domestic mission," said Scraba. "This should prove very helpful in the future as NORTHCOM and the states begin exercise Homeland Security contingencies."

The adjutant general has also moved forward on a concept that is intended to exploit the many talents and collective experience that could be brought forward within our CTNG retiree community in spirit of the "citizen corps," according to Scraba.

Organization and Functions

The J-5 Directorate has six major components, all but one are lead by O5s.

Sgt. Maj. Paul Schweitzer is currently the Chief Operations Sergeant of the J5 Directorate and will soon begin a transition with newly promoted Sgt. Maj. Tom Donlon.

The Operations Branch (Lt. Col. Scott Dilley) performs the Joint functions of a J-3 or Army G-5, and executes the traditional POMSO duties. The Operations branch handles MSCA requests, operate the Joint Operations Center, and provide a Staff Duty Officer. Its primary focus is on current operations.

The Plans Branch (Lt. Col. Thad Burr) performs the Joint functions of a J-5. The Plans Branch is responsible for assessing, reviewing and updating our civil support (MSCA) plans. They also prepare the Commander's Estimate of the Situation (CES), and conducting necessary liaison and planning with state and federal agencies. This branch is primarily focused on future operations and plans.

The Communications Branch (Lt. Col. Russ Styles) performs the joint functions of a J-6. Its focus includes Command and Control (C2), communications, electronics, and automated systems/computers. It will also assist with the forming of a Computer Emergency Response Team (CERT), and will maintain a relationship with it. The primary focus of this branch is to prepare

communications plans and contingencies to support domestic operations.

The Liaison Branch (Lt. Col. Jeff Sabotka) is internally focused, and during an emergency operates liaison desks within the joint operations center consistent with the functions and concepts of a Crisis Action Team (CAT). Liaison desks include ARNG and ANG liaison officers, representing functional areas like logistics and personnel, OEM liaisons, and liaison out in the field assisting the incident commanders and making assessments.

Emergency Planning Liaison Officers (EPLOs) will also play an important role in the J-5 directorate. They are the inter service representatives from the Army, Navy, Air Force and Coast Guard who act as service liaisons and who drill with the J-5 Directorate providing service capabilities expertise and assisting in updating plans.

There are many upsides to this J5 Directorate says Scraba.

"It is right for the times with regard to Homeland Security and Defense, it forces a closer link with OEM, allows the POTO to concentrate purely on Army readiness issues, incorporates both Army and Air Guard personnel and puts CT on the road to molding a joint STARC headquarters."

Defense Bill signed by president

From Page 1

members not living on military bases.

It also increases operations and maintenance funds by more than \$5 billion and adds \$11 billion over last year's budget for weapons procurement, bringing that total to \$72 billion.

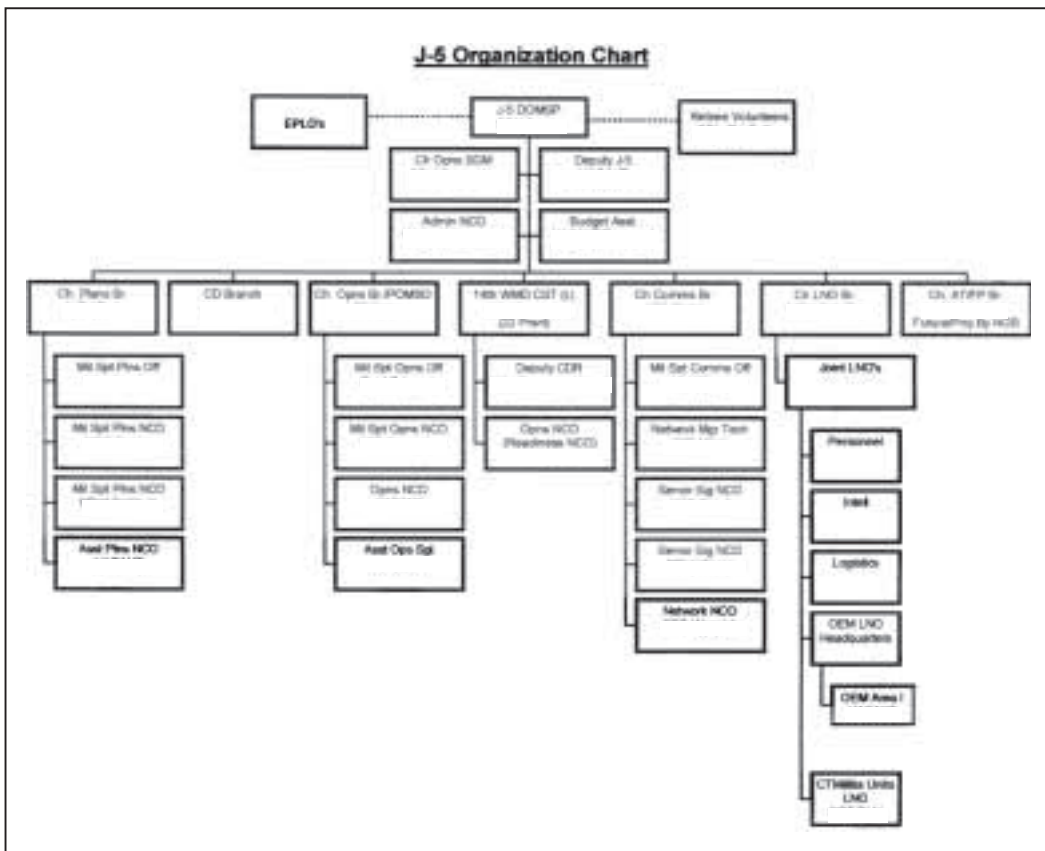
"Today's American forces are ready and able to deploy to any point in the globe to defeat any foe," Bush said. "We're going to keep it that way."

The act also includes \$58 billion for research and development of "the next generations of weaponry that will win battles in the future."

Defense officials said the separate \$10.5 billion Military Construction Appropriations Act includes \$4.21 billion for maintenance and improvements to existing family housing units and for building new ones; \$1.2 billion for barracks; \$18 million for child development centers; and \$151 million for hospitals and other medical facilities. The act also marks \$799 million for anti-terrorism and force protection improvements to facilities.

"We want the people who wear the uniform to know America appreciates their service," the president said.

To much applause, Bush said the new acts should send "a clear signal to friend and foe alike that it doesn't matter how long it takes to defend our freedom, the United States of America will stay the course."



Air National Guardswoman chosen as Director of Joint Staff

2nd LT. CELINE MARINI
ASSISTANT STATE PIO

On Oct. 1, 2002 Maj. Gen. William A. Cugno administered the oath to Col. Terry L. Scherling to support and defend the Constitution of the United States and the state of Connecticut. The new Connecticut Air National Guard member was selected, and accepted the position as the Director of the Joint Staff for the Connecticut National Guard.

Her goal as a member of the Connecticut National Guard is to implement the adjutant general's vision to establish a Joint Staff.

Scherling is also the Air National Guard Assistant for Homeland Security, Air Force Directorate of Homeland Security, Deputy Chief of Staff, Air & Space Operations at the Pentagon in Washington, D.C. She is responsible for the integration of AF Homeland Security (HLS) policy, planning and budgeting to ensure Total Force preparedness to meet HLS operational requirements.

She is the CSAF Homeland Security Task Force Champion, responsible for defining and assessing programmed, projected and potential USAF HLS warfighting capabilities required to prevent, protect and respond to threats and provide military support to civil authorities. Scherling represents AF in OSD/Joint/Interagency arenas for Homeland Security policy, planning and budgeting.

Scherling began her military career by receiving a commission through the Academy of Military Science, Alcoa, Tenn., in 1975. She has served in various assignments at the wing and headquarters level to include the Consolidated Maintenance Squadron



Col. Terry L. Scherling

Administrative officer; Group, Director of Administration; Supply, Management and Procedures Officer; Chief of Supply and Assistant United States Property and Fiscal Officer. Scherling is a graduate of the Industrial College of the Armed Forces. Upon graduation in 1995, she was named Chief, Supply Division, Air National Guard, responsible for logistical support, plans and policies.

In 1996, Scherling was appointed as the United States Property and Fiscal Officer for North Dakota. In this position, she served as the primary advisor to the Chief, National Guard Bureau and the Adjutant General of North Dakota for all Army and Air National Guard federal resources. From 1998 to 2001, Terry Scherling was

the Chief Support Officer, Air National Guard, Arlington, Virginia.

As the Chief Support Officer, she assisted the Director of the Air National Guard in formulating, developing and coordinating all programs, policies and plans affecting more than 107,000 Air National Guard members in 88 flying wings and 578 support units throughout the United States, District of Columbia, Puerto Rico, Guam and the Virgin Islands. She was the primary advisor to the Director on support issues to include Medical, Civil Engineering, Information Management, Services, Security Forces, Personnel and Logistics. Colonel Scherling is a career logistician and has earned the Master Supply Award.

Scherling was born at Bitburg Air Base, Germany and grew up in a military family. Her father was a fighter pilot in the United States Air Force and when she was two years old they moved back to the United States and her father joined the North Dakota Air National Guard. Her mother is the CEO of a travel agency.

Scherling said she honestly never planned to be in the military while growing up, but as a college student going into her junior year of college, she changed her mind because she thought it was the right thing to do. The interesting part was that she joined the Air National Guard without her parents' knowledge. Her parents were very surprised and happy when they heard the news. She and her father have a very special bond between the two of them because of their shared military experiences.

Scherling has a 19-year-old son, Nicholas,

who is a freshman at North Dakota State University. "I feel that the military is good for everyone, as it helps us establish our priorities and is a great experience. I would recommend it to anyone willing to accept the challenge," Scherling said when asked how she would feel if her son wanted to join the military.

Scherling is an interesting woman with various hobbies and interests. In her spare time, she is an avid runner, snowskier and an advocate of all sports, especially hockey since her son plays hockey in North Dakota. She loves to travel and read.

With more than 27 years of military experience at all levels, she brings a tremendous amount of expertise to the table and the Connecticut National Guard.



Col. Terry L. Scherling meets with members of her staff during a break from a J5 briefing. Scherling has been named Director of the Connecticut National Guard's Joint Staff. Scherling is also the Air National Guard Assistant for Homeland Security, Air Force Directorate of Homeland Security at the Pentagon. (Photo by Maj. Scott Wilson, State Public Information Officer)

For love of country and faith: A Muslim woman in the Guard

CAPT. LOU MARTINEZ
65th PCH

Before Sept. 11, 2001, Sgt. Tanya Abdul-Karim, a medic with the 118th Medical Battalion in Newington was like any other soldier. Attending drill every weekend, annual training every year, advancing her career as a National Guardsman.



Sgt. Tanya Abdul-Karim of the 118th Medical Battalion stands beside her flag and her faith. (Photo by Spec. Jesse Stanley, 65th PCH)

But when terrorists attacked the Pentagon, World Trade Center and crashed a plane in Pennsylvania, Abdul-Karim, a devout Muslim, found herself explaining her religion and thwarting stereotypes about Muslim's and the religion of Islam.

"People in my unit knew I was Muslim. A few never paid attention to the name, but when it (9-11) happened there were a few who took notice. I remember someone did make a comment," said Abdul-Karim.

Soon after the September 11th attacks, this country witnessed what can only be called an embarrassing backlash against Muslims and anyone of Middle

Eastern decent. Abdul-Karim says she felt uneasy when people stared at her when she wore her headress.

"It made me feel uncomfortable. I didn't know if I was the target for retaliation."

More than a year after the terrorist attacks, the bias towards Muslim-Americans still remains. Abdul-Karim is turning that ignorance around and educating people about her religion and her people.

"We've always been about interfaith. People are asking different questions. That's the way God wanted it to be. He wants us to know each other," said Abdul-Karim.

Islam is one of the fastest growing religions in the world. Muslims worship Allah. In the United States there are more than 1,200 mosques, many founded in the last 20 years. Abdul-Karim teaches Arabic at the Muhammad Islamic Center in Hamden. She says she has found herself explaining her duty with the National Guard to a small number of people in the Muslim community.

"Some of them say to me how could you. How could you still be in there

knowing you may have to go there to fight Muslims? I explain they are committing terrorist acts. They (the terrorists) are not really being Muslim. Others in the Muslim community put me on the back."

Abdul-Karim cites the Koran, saying, when you are doing deeds that are forbidden, like the terrorists, you are not being Muslim.

"It surprised me how many people knew true Muslims aren't like that, true Muslims aren't bad."

Abdul-Karim's mother is proud of her daughter's service to Connecticut and the country.

"As Muslims, American Muslims, we are born and raised here and we have to protect our country. The act that was committed here (terrorist attacks) was definitely not an Islamic or Muslim act. It was not an act that God had ordained for the Muslims to do," said Zakkiyyah Hazan, Abdul-Karim's mother.

Abdul-Karim attends Gateway Community College in New Haven. She is studying to become a registered nurse. Abdul-Karim has six years left before retiring; but this Muslim-American soldier has big aspirations about her military future.

Twenty years is not enough for her. She plans to serve her state and her country for a much longer period of time.

Task Force Husky takes bite out of Newington



Members of the Task Force Husky Team start demolishing a building at the Newington Veteran's Administration Hospital. The destruction was part of an agreement between the Connecticut National Guard and the VA. In the spring, Guard engineers will make the site into a parking lot. (Photo by Master Sgt. Richard Orzel, DOL)



A former office building at the Newington Veteran's Administration Hospital is all but gone after members of the Task Force Husky Team got their hands on it. (Photo by Master Sgt. Richard Orzel, DOL)



With the former office building completely down, the long process of sorting and removing materials begins for the Task Force Husky Team. (Photo by Master Sgt. Richard Orzel, DOL)

Sgt. JESSE J. STANLEY
65th PRESS CAMP

In late September the Composite Engineer Unit, under the auspices of Joint Task Force Husky (JTFH), demonstrated that engineers are just as good at breaking things as they are at building them.

For the first time, they were tasked with destruction rather than construction but that didn't pause them. They went forward with their, "Never Say No!" attitude and tackled their new challenge.

In an agreement with the Veteran's Administration Hospital of Newington, Task Force Husky removed a building, and next spring the 242nd Engineers will be responsible for making the site into a gravel parking lot during their annual training.

The VA hospital's current parking area is overcrowded from both employee and patient parking. The new parking lot should alleviate this problem by giving the patients more convenient access to the facilities while still providing employee access just slightly farther away.

"The new parking lot will be an employee parking lot and make room for ambulatory patient parking in the old one," says Col. Joseph Wojtasik of the project.

The 14,000 square foot structure was once an office building at the VA Hospital in Newington. It consisted of 20 modular units between 40 and 80 feet in length. Using a variety of skills and tools, from vehicle operators to cutters and excavators to dump trucks, ten soldiers took only two weeks to complete the mission of demolition and removal of the building.

The process of demolishing the buildings began with the engineers crushing the buildings into piles of debris and then separating from those piles materials for salvage. The steel frames were cut into 10-foot lengths and sent to be recycled. Also, several dozen concrete pilings were removed from the ground.

"Each of the pilings measured more than six feet tall and weighed more than one ton each," said Master Sgt. Rich Orzel from the Guard's Directorate of Logistics. These, too, will be sent away so the concrete can be recycled.

When asked what the hardest part of the demolition was Wojtasik replied, "The carpeting was a pain, it stretched like spaghetti." What was left was put into VA-supplied dumpsters for removal.

Demolishing buildings rather than building them is a change for Task Force Husky, but they showed that they are capable of performing any task put before them. They were also able to have a little fun in the process.

"They got all frustrations out crushing into stuff," said Wojtasik.

Done with this project, they set their sites ahead, ready to take on any new task put before them because as Wojtasik says they "Never Say No!"

New transportation unit stands up: Will be stationed in Stratford and New London

MAJ. JOHN WHITFORD
STATE PAO

Saturday, October 19, 2002 marked the beginning of new transportation unit in the Connecticut Army National Guard inventory.

The new 1048th Transportation Company will provide transportation assets for the movement of both dry and refrigerated containerized cargo, general non-containerized cargo as well as bulk water and bulk petroleum products by motor transport.

The company headquarters and two truck platoons will be stationed in Stratford with more than 100 soldiers and the company maintenance section and one truck platoon will be stationed in New London.

The new unit's equipment will consist of 61 tractor-trailer trucks and 120 trailers.

Capt. Thomas Dennis has assumed command of the 1048th Transportation Company.

Brig. Gen. I. J. Zembruski, the Assistant Adjutant General - Army, told the soldiers of the new 1048th Transportation Company, "The slate is clean and right now you can write the history of this unit."

Dennis is looking forward to the challenge of his new command and his eager to lead his new unit and prepare them for real-world missions.

Air Force Announces New Service Dress Nametag

Air Force Print News reports that the Air Force's service dress uniform welcomed back an old friend Oct. 1: the nametag.

The new service dress nametag has a brushed satin finish and blue letters. It is slightly larger and heavier than the blue plastic nametag worn on the blue shirt and medical white uniform. It will only feature the wearer's last name and will only be worn on the service dress, on the right side parallel to the ribbons and medals.

Air Force officials decided last year that a nametag was needed on the service dress uniform. Several proposals were reviewed and feedback was gathered from across the Air Force during several wear-tests.

The new nametags will be available in Army and Air Force Exchange Service military clothing sales stores at a future date when stocks become available.

Air National Guard security forces put M-4 to the test

CAPT. GEORGE H. WORRALL III
103rd FIGHTER WING PUBLIC AFFAIRS

Thanks to the generosity of Connecticut's own Colt's Manufacturing Company, the Connecticut Air National Guard had an opportunity to field test the Air Force's newest personal weapon, the M-4 carbine, in early June.

"I understand the Air Force ordered 32,000 of them," said Maj. Gen. William A. Cugno, Adjutant General, who visited with 11 security forces members when they fired the weapons in June. "When I heard about it, I thought it would be a good way for our guys to be acclimated before any deployments ... then they won't see strange equipment when they get on site."

Members of the 103rd Security Forces Squadron were lent 20 factory-fresh M-4s, which have already replaced M-16s in some Army and Marine units and are in service with Air Force Combat Controllers.

"We would be among the last security forces units to get them except for Colt's letting us borrow them and test them out," said Maj. Robert Ware, commander, 103rd Security Forces Squadron. "It is good for the troops morale and good for weapons proficiency."

The rifle shares many of the same components, caliber and operation with the M-16. The largest differences are size, weight and, at least on the model tested, a user-friendly scope.

"It is a good weapon and the shorter length makes it handle well," said Senior



Maj. Gen. William A. Cugno, The Adjutant General, explains to Tech. Sgt. Marc A. Cioto, NCOIC combat arms, 103rd Security Forces Squadron how the compact M-4 Carbine reminds him of a commander's version of the M-16 used in Vietnam during the late 60's. (Photo by Capt. George Worrall, 103rd FW PAO)

Airman Italo A. Miceli, security forces specialist, 103rd Security Forces Squadron. "Once you get the scope sighted in you can get some precision firing done. You have to zero it in about the same (as with an M-16), but once you get it zeroed in it's consistent."

The scopes mounted on the tested rifles display a central red dot that can be positioned quickly on a target without requiring the shooter to carefully align both sights. The ease of use with the optics was the most popular feature during the firing.

"It is very easy to shoot and deadly accurate," said Col. Daniel R. Scace, commander, 103rd Fighter Wing. "It is very easy to shoot, just put that dot on what you want to shoot, squeeze the trigger and the bullet goes right there. The last time I shot an M-16 was probably when I was a cadet (at the USAF Academy) 30 years ago," added Scace who was able to shoot 30 rounds into a tight thumb-size group from 25 yards.

Sharing components and operation with

the M-16 made the learning curve virtually nonexistent.

"It loads, fires and unloads exactly like the M-16," said Tech. Sgt. Marc A. Cioto, NCOIC combat arms, 103rd Security Forces Squadron.

"It only takes five minutes for someone familiar with the M-16 to become proficient with this weapon," said Ware.

The 103rd was loaned the weapons through October, which allowed for the whole squadron to get some familiarization training before returning the weapons.

"All they [Colt's Manufacturing] asked was we give them a report about how they are firing, if we like stuff, and they told us to be brutally honest," said Master Sgt. Jorge J. Gonzalez, resources superintendent, 103rd Security Forces Squadron, who also thanked Lt. Gen. (Ret.) William M. Keys, president and chief executive officer, Colt's Manufacturing Company, Inc. for the loan of the weapons and a tour of the factory. "The weapons are firing great right now. The guys love them because they are short and not bulky and we are not banging into everything ... overall the weapon seems to be fantastic."

And what did Cugno think of the weapons he borrowed, which he also commented reminded him of the commander's version of the M-16 used in Vietnam?

"I am very impressed with the M-4 ... it is a great piece of equipment," said Cugno. "It was very nice of Colt's to let our Air Guard field test them."

Connecticut teacher uses skills to prepare Air Force personnel

CAPT. GEORGE H. WORRALL III
103rd FIGHTER WING PUBLIC AFFAIRS

What does a Connecticut teacher do when activated as a security forces specialist? Teach the Air Force's Security Forces Apprentice Course, of course.

At least that is how Branford High School teacher and Connecticut Air National Guard Tech. Sgt. David H. Gruendel answered the call.



Tech. Sgt. David H. Gruendel (left), 103rd Security Forces Squadron, teaches crime scene investigation to Airmen Lewis Pollard (center) and Christian Ocasio in a mock dorm room at Lackland AFB, Texas. (Air Force photo by James Coburn, 37th TRW/PA)

Activated for Operation Noble Eagle with the 103rd Security Forces Squadron in October 2001, Gruendel initially deployed to provide security support at an active duty Air Force facility.

"I was activated Oct. 12 and on a bus to New York on the 14th," said Tech. Sgt. David H. Gruendel. "It was a good learning experience and a good opportunity to get to know some of the new people in the unit."

Gruendel returned to Connecticut and began looking for a way he could contribute most effectively. By April, he had joined with other Guard and reserve volunteers at Lackland Air Force Base in Texas to teach new security forces specialists their craft.

"I taught Instructional Area 3 which is communications, response to alarms

and individual movement techniques under fire like high crawl and low crawl," said Gruendel. "I enjoyed that quite a bit, those days they started to appreciate the career field they were joining, and after, their confidence level would be up and they would start to show pride in the career field they joined."

The security school needed to increase the number of students to increase the flow of trained security specialists in the field.

"There were not enough instructors and to handle the expected crush of 140 per class," said Gruendel. "The class sizes ranged from 110 to 125 per class while I was there (April to October). Fifty two Guard cops came in as subject matter experts so the class sizes could be ramped up."

To be fully qualified instructors requires a degree and attendance at the Air Force basic instructor course.

"The requirements would have delayed us being able to step in and help with the students, so by drawing on the experience we had, coupled with training after we arrived, we became certified as a subject matter experts."

"I honestly believe the training the students got was enhanced by having the

reserve there," he said. "The variety of experience including from civilian law enforcement enhanced the training for the students."

Overall, Gruendel found it a positive experience.

"It is a great way to marry up both of my careers," he said. "I was doing what I am supposed to be doing by getting kids out into the career field. It was perfect for me and gave me an opportunity to do a different type of teaching."

No separation from home and family is easy though.

"My daughter (age 3) has been great, she understands and has eased my and (my wife) Liz's mind," he said. "She has been a great little kid and I could gauge her development on the phone. It started when she just said hi and talked about the dog, now she can really talk. It has been made easier since Liz was in the Guard."

Fuel Your Future

Air National Guard

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recruiter@ctbrad.ang.af.mil

TRICARE Online promises easier, faster service

RUDI WILLIAMS
AMERICAN FORCES PRESS SERVICE

TRICARE Prime and Plus beneficiaries have a new tool that makes getting doctor's appointments and health care information as easy as clicking a mouse.

TRICARE Online is the Department of Defense's first effort at using the Internet to reach out and touch patients across the entire military health system, according to Navy Dr. (Capt.) Brian Kelly, E-Business director of the TRICARE Management Activity in Falls Church, Va.

More than 4,000 TRICARE patients have made routine appointments using TRICARE Online since testing began in June 2001, he said. The initial test installations were Andrews Air Force Base, Md.; Rader Clinic, Fort Myer, Va.; and Camp Lejeune and Marine Corps Air Station Cherry Point, N.C.

Kelly said anyone with a Web browser can surf the site, but only TRICARE Prime and Plus beneficiaries in the serviced areas are currently able to use the site to make appointments with primary health care providers. The Web site features a 30- to 40-day calendar showing patients all available appointments with their primary care manager or the manager's team members where they are enrolled.

"Then it's as simple as clicking on the appointment they want," he said.

Beneficiaries must set up a password-protected personal account on the site to take full advantage of TRICARE Online's power, he said.

"Once they do that, we know who the beneficiaries are and in which facilities they're

enrolled," Kelly said. "We can then tailor the site to them. They'll have access to a personal health journal, where they can record all their own health information in a secure medical journal."

He suggested TRICARE Online could be useful to parents whose children keep different schedules.

"After my kids go to bed, my wife or I can log on, look at all the available appointments, match them up with the kids' soccer or choir schedule and decide what appointment really is best for them," the doctor said. "Also, when your child wakes up with a sore throat at six in the morning, it's nice to be able to go on the Web then and make an appointment instead of having to wait until everything opens at 7:30 or 8."

"We decided to start TRICARE Online by focusing on things beneficiaries said they wanted first," Kelly said. "So we did appointments first."

He pointed out that the ability to make appointments only works with PCMs at military treatment facilities.

People will be able to refill their prescriptions on the Web within the next year, he said. That service currently is unavailable. TRICARE Online also has more than 18 million pages of health and wellness information and disease management tools for military beneficiaries.

"That's something a lot of people have found very useful," Kelly said.

"We think the information is very high quality and people have really liked it. It gives you all sorts of information on basic self-help."

Army announces new CAPSTONE training manual to debut

ARMYLINK NEWS

Army Chief of Staff Gen. Eric K. Shinseki announced publication of a new Army training manual in a at the annual meeting of the Association of the United States Army in Washington D.C. The new manual, which was developed after twenty-one months of extensive reviews by Army officers and noncommissioned officers at all levels, integrates lessons learned from recent military operations and is applicable to all segments of The Army — active, reserve, Department of the Army civilian, combat, combat support, and combat service support.

The updated doctrine is contained in a new field manual, entitled "FM 7-0 Training the Force." This new document differs from the earlier field manual (FM 25-100) in that it combines training and leader development into one program, establishes the linkage to joint, multinational, and interagency operations, and synchronizes Army training doctrine with the full spectrum of Army operations. These changes came about from findings from the Chief of Staff of the Army's Training and Leader Development Conferences. These findings emphasized that leader development is most effective if it is integrated into all of a unit's training activities, and that Army training doctrine should be updated to better address the full spectrum of operations.

While the enduring principles encompassed in FM 25-100 enabled soldiers

to win the Cold War, defeat Iraq in Operation Desert Storm, and dominate the battlefield during operations in Panama, Bosnia, Kosovo and Afghanistan, reviews showed that it could be improved. FM 7-0 retains the basic tenants of FM 25-100, which are fundamentally sound, and updates them to reflect the contemporary operating environment, Army Transformation, and technology. This new training doctrine is designed to leverage the war-fighting and collective training experience from across our formations and more fully utilize the knowledge of our master trainers — our Non-Commissioned Officers.

FM 7-0 will be followed soon by the publication of FM 7-1, "Battle Focused Training", which updates FM 25-101 of the same name. FM 7-0 is the capstone, overarching Army training doctrine, while FM 7-1 deals with the specifics of how to train.

Shinseki said America's Army would continue to prepare to fight and win the nation's wars and train soldiers and grow leaders. This updated doctrine is intended to provide a vehicle to enhance Army training based in the new strategic environment. While the doctrine may be changing, the commander of each unit maintains responsibility for all training. Similarly, training and leader development continues to be The Army's top priority for the current environment and future operating environment for the Objective Force.

Thanksgiving 2002 Message

Thanksgiving is a time for the Army Family to pause and enjoy a day of rest, relaxation, and fellowship. As families and friends gather, Thanksgiving also provides an opportunity to show our gratitude for the blessings we enjoy in a free and prosperous Nation. Soldiers, Department of the Army civilians, veterans, retirees, and all of their families can take pride in the fact that their service and sacrifices preserve the privilege of living and working in a free society characterized by the highest ideals of liberty.

Almost 140 years ago, Abraham Lincoln reminded Americans, "We have been the recipients of the choicest bounties of Heaven; we have been preserved these many years in peace and prosperity; we have grown in numbers, wealth, and power as no other nation has ever grown." These words were spoken in

1863 during the Civil War. Our Nation emerged from that conflict stronger than ever before. And today, as The Army fights the war on terrorism as part of the joint team, those words still ring true as we enjoy privileges and unparalleled freedoms that Soldiers have helped secure for over 227 years.

And so on this special day, we offer our appreciation to you, the Soldiers and civilians of the Army, who serve our Nation with a level of devotion and selfless service unequalled in any other profession. You walk point for our Nation 24 hours a day, uphold freedom's torch as you willingly step forward to defend the American people from all enemies and animate the values and principles that we hold dear - loyalty, duty, respect, selfless service, honor, integrity, and personal courage. Thanksgiving is also a time for families to join in

celebration and reunions. Families have long provided strength and values to our Soldiers, our Army, and our Nation. We know we do not soldier alone. For just as Soldiers sacrifice and dedicate themselves to honorable service, their families also sacrifice and make invaluable contributions to the Well-Being of our Army and our Nation. We give you our thanks, and a grateful nation thanks you as well.

We are proud of The Army Family. And so to all of you, the dedicated men and women of the U.S. Army - uniformed and civilian - we offer special thanks for the difficult and dangerous work you are doing for the citizens of our great Nation. We wish all of you and your loved ones a safe and happy Thanksgiving holiday.

Eric K. Shinseki
General, United States Army
Chief of Staff

Thomas E. White
Secretary of the Army



Sgt. Matt W. Enzor, Spec. John M. Buono, and Spec. Scott R. Cunningham discuss the quickest route to their next point. (Photo by Spec. Elvis R. Braga, 65th PCH)



Sgt. Matt W. Enzor and Spec. Jeffrey Austin familiarize themselves with their surroundings by utilizing their maps during the Pre-PLDC course at Stones Ranch. (Photo by Spec. Elvis R. Braga, 65th PCH)



Sgt. Matt W. Enzor and Spec. John M. Buono take a break to ensure they are headed in the right direction to reach their next point. (Photo by Spec. Elvis R. Braga, 65th PCH)



Sgt. Matt W. Enzor, Spec. John M. Buono, and Spec. Scott R. Cunningham verify their location with the map to ensure they are headed in the right direction. (Photo by Spec. Elvis R. Braga, 65th PCH)

Leadership, land navigation top priority list at Pre-PLDC

Pvt. Jordan E. Werme
65th PCH

In an attempt to increase the success rate of Connecticut Army National Guard soldiers enrolled in the Primary Leadership Development Course, a two-day Pre-PLDC course has been established.

Maj. Fran J. Evon, Training Administrator for the 169th Leadership Regiment, heads up the Pre-PLDC program at Camp Rowland.

"We want to be sure that the soldiers we send to PLDC will pass all of the components. Land navigation, APFT, and height/weight requirements have not been consistently met." According to Evon, the two-day course will be held four times each year, once per quarter, as a supplemental training exercise to the PLDC program held at Fort Dix, N.J.

"The hope is that the Pre-PLDC program will encourage the participating soldiers and build their confidence so they will do well at PLDC," said Evon. He also hopes to decrease the rate of no-shows at the two-week camp at Ft. Dix.

The Pre-PLDC program consists of fitness testing, topographical map reading and a four-point land navigation course, and is

designed to reinforce leadership qualities in the E-5 hopefuls.

Sgt. David Rivera, an instructor with the new program, thinks the Pre-PLDC will have a great success rate.

"The program is meant to prepare the soldiers for the PLDC at Fort Dix and to train these men as leaders. We're focusing on team building. These are your future NCOs," said Rivera who is hopeful that the program will become permanent.

After the fitness tests and map reading classes have been conducted at Camp Rowland, the fifty-plus participants were taken over to Stone's Ranch for the Land Navigation course.

One of the weekend's participants, Spec. Scott R. Cunningham, Company B, 1st Battalion, 102nd Infantry, will be attending PLDC in January and feels that the training he received during PRE-PLDC will be very valuable.

"I will be trained on all aspects better. Everything we've done during this weekend has been beneficial, and the instructors have covered everything we'll need to know when we get to PLDC."

Sgt. William B. Melanson, one of the

instructors for Pre-PLDC, explained how the Land-Nav course works.

"The soldiers are divided into teams of four and five and are given three hours to locate four points on the course. Each team must locate and identify at least three points in order to receive a 'Go.' Less than three successful points results in a 'No Go.'" Each team is given ample opportunity to plot their individual course before beginning.

Before the participants are allowed to venture out onto the course, they are reminded of the day's goals, stressing leadership and teamwork, but most of all, accountability and safety. The NCOs and officers in charge of the exercise also provide safety net and are sure to be aware of every man under his command.

After each team has successfully completed the land navigation course, the Pre-PLDC has essentially come to its conclusion and the NCO's in charge seem very pleased with the results achieved by the soldiers.

Melanson was particularly impressed. "They've all performed better than I expected. The classroom is one thing, but it's different out in the field."



Soldiers in the new Pre-PLDC Course enroute to their first of five points during the land navigation practical exercise at Camp Rowland. Land navigation is a big part of PLDC and trips up many soldiers. (Photo by Spec. Elvis R. Braga, 65th PCH)



Statement by the President

Today I have signed into law H.J. Res. 114, a resolution "To authorize the use of United States Armed Forces against Iraq." By passing H.J. Res. 114, the Congress has demonstrated that the United States speaks with one voice on the threat to international peace and security posed by Iraq. It has also clearly communicated to the international community, to the United Nations Security Council, and, above all, to Iraq's tyrannical regime a powerful and important message: the days of Iraq flouting the will of the world, brutalizing its own people, and terrorizing its neighbors must -- and will -- end. Iraq will either comply with all U.N. resolutions, rid itself of weapons of mass destruction, and in its support for terrorists, or it will be compelled to do so. I hope that Iraq will choose compliance and peace, and I believe passage of this resolution makes that choice more likely.

The debate over this resolution in the Congress was in the finest traditions of American democracy. There is no social or political force greater than a free people united in a common and compelling objective. It is for that reason that I sought an additional resolution of support from the Congress to use force against Iraq, should force become necessary. While I appreciate receiving that support, my request for it did not, and my signing this resolution does not, constitute any change in the long-standing positions of the executive branch on either the President's constitutional authority to use force to deter, prevent, or respond to aggression or other threats to U.S. interests or on the constitutionality of the War Powers Resolution. On the important question of the threat posed by Iraq, however, the views and goals of the Congress, as expressed in H.J. Res. 114 and previous congressional resolutions and enactments, and those of the President are the same.

Throughout the past months, I have had extensive consultations with the Congress, and I look forward to continuing close consultation in the months ahead. In addition, in accordance with section 4 of H.J. Res. 114, I intend to submit written reports to the Congress on matters relevant to this resolution every 60 days. To the extent possible, I intend to consolidate information in these reports with the information concerning Iraq submitted to the Congress pursuant to previous, related resolutions.

The United States is committed to a world in which the people of all nations can live in freedom, peace, and security. Enactment of H.J. Res. 114 is an important step on the road toward such a world.

GEORGE W. BUSH
THE WHITE HOUSE,
October 16, 2002.

Connecticut Military Department News

Gen. William B. Franklin : U.S. Military Academy graduate

PFC. HOWARD L. MILLER
TROOP HISTORIAN
FIRST COMPANY GOVERNOR'S HORSE GUARD

(Ninth in a series of profiles of the Adjutants General of Connecticut)

William Buel Franklin was born in York, Pennsylvania, on February 27, 1823. He was the son of Walter S. Franklin, a clerk in the U.S. House of Representatives. His mother was from Litchfield, Connecticut.

In 1839 Franklin entered the United States Military Academy and graduated first in the Class of 1843. One of his classmates was Ulysses Simpson Grant. Brevetted a second lieutenant, Franklin served as a topographical engineer and until 1846, was part of surveying expeditions in the Great Lakes and Rocky Mountains.

In the Mexican War, Franklin served as a topographical engineer on the staff of Gen. Zachary Taylor, was recognized for gallantry at the battle of Buena Vista, and promoted to the rank of first lieutenant. Following the war, he was stationed at West Point where he served as assistant professor of natural and experimental philosophy.

For the next two years he was engaged in the construction of coast defenses. Then followed four years of construction work for the lighthouse and customs services.

In March 1857, he was appointed secretary of the lighthouse board, and in October he reached the grade of captain in the corps of topographical engineers. In November 1859, Franklin was superintendent of construction of the U.S. Capitol and post office buildings, and in March 1861, was supervising architect of the Treasury Department building in Washington.

In May 1861 Franklin was commissioned colonel of the Twelfth U.S. Infantry and three days later received the star of a brigadier general. He commanded a brigade in the battle of Bull Run.

Until March 1862, he commanded troops defending Washington, was in the Peninsular Campaign and in June 1862 was brevetted brigadier general in the regular

army for services before Richmond. In July of that year Franklin was commissioned a major general of volunteers.

Franklin went on to command a division and eventually the Sixth Corps of the Army of the Potomac. In September 1862, he commanded the left wing of the army and won an important

victory by carrying Crampton's Gap by assault. He commanded the Sixth Corps at Antietam and the left wing of the Army of the Potomac at Fredericksburg.

In the summer of 1863, Franklin commanded the Nineteenth Army Corps in the Department of the Gulf. His campaigning was in Texas and Louisiana. He participated in the Red River Expedition in 1864 and at Sabine Cross Roads in April 1864, was wounded and had two horses shot out from under him. This forced him to take his first leave of absence. He went north and was captured on July 11th in a Confederate raid on the Philadelphia and Baltimore railroad. He managed to escape the following night.

Recovering his health, Franklin returned to duty in December on a military retiring board at Wilmington, Delaware. He was brevetted major general of the regular army in March 1865 and a year later, resigned



Gen. William Buel Franklin

from the service.

Franklin had located in Hartford, Connecticut. In 1864, a devastating fire had destroyed the armory of the Colt's Patent Firearms Mfg. Co. In November 1865, Gen. William B. Franklin was named Vice-President and general manager of Colt's with responsibility for the factory's

reconstruction. By February the following year, he had designed the new structure, estimated its cost at \$130,000 and obtained approval from the directors.

In April, the foundations were laid and the work, including a distinctive new dome, completed in early 1867. With great executive ability and a super-abundance of common sense, Franklin ran the works until 1888. After his retirement from Colt's he accepted an executive position with the Hartford Steam Boiler Inspection and Insurance Company, but remained a director of Colt's until 1901.

From 1872 to 1880, Franklin headed the state commission charged with the design and construction of the new State Capitol Building. He also served as a member of the board of water commissioners of Hartford, and was chairman of the committee of judges on engineering and architecture at the Centennial Exposition at Philadelphia in 1876.

On Jan. 3, 1877, General Franklin assumed

the position of adjutant general on the staff of Gov. Richard D. Hubbard. During his one-year term in that office, the National Guard began a transition from the Peabody .43 caliber rifle to the .45 cal. Springfield. In the summer of 1877, the United States experienced severe labor unrest, which culminated in pitched battles between U.S. troops and railroad strikers. Connecticut was not immune to the unrest.

On the 24th and 25th of July, National Guard and militia forces were alerted to guard the Hartford Arsenal and armories around the state upon rumors of attacks by railroad strike sympathizers. No attacks materialized.

After serving as adjutant general, Franklin was appointed president of the Board of Managers of National Homes for Disabled Soldiers. Fluent in French, Franklin was named commissioner-general of the United States at the 1888 Paris Exposition. He was appointed an officer of the French Legion of Merit in 1889. He was a member of the Order of the Cincinnati, Tyler Post of the G.A.R., and a director of the Panama Railroad Company. In later years, Franklin authored occasional papers on military and scientific topics to journals and encyclopedias.

Franklin married Anna L. Clarke of Washington in 1852. She died on July 17, 1900. The general died at his home, number 144 Washington Street on March 3, 1903. He was buried in York, Pennsylvania.

Upon his death, the *Hartford Courant* stated: "Those who knew the strength and uprightness of his mind and character, the kindness of his heart, his noble simplicity and personal dignity, his ready devotion to every patriotic interest and duty, the loyalty of his nature and the purity and unaffected piety of his life, know that one of the bravest of gentlemen, one of the purest of patriots, one of the most cherished of friends and one of the knightliest of men, has answered to his name."



Members of the First Company Governor's Foot Guard step off at the start of the Hartford Marathon in October. Despite the dreary weather, hundreds of runners turned out for the event which included a half-marathon. The First Company Governor's Foot Guard is a ceremonial unit that dates back to the Revolutionary War era. (Photos courtesy First Company Governor's Foot Guard, Hartford)



'Alarm Red' gives Air Guard a ser



Master Sgt. Brian Wayne, 103rd Maintenance Squadron, released grenades and smoke bombs to simulate attacks around the flightline during the exercise. (Photo by Senior Airman Julie Bragg, 103rd Fighter Wing)

SENIOR AIRMAN JULIE BRAGG AND CAPT. GEORGE H. WORRALL
103RD FIGHTER WING PUBLIC AFFAIRS

The first attack alarm sounds. Adrenaline is flowing. "Alarm Red," the voice, which is the affectionate name for the base-wide public address system, falls to the ground, deftly donning their masks and chem-goggles. The sight of green smoke slowly fill the air.

This was the beginning of a two-day exercise at Bradley Air Force Base during the June Unit Training Assembly. The 103rd Fighter Wing is conducting an Operational Readiness Exercise in preparation for a U.S. Air Force Inspection. The exercise tested wartime skills in Self-Aid and First Aid, Ability to Survive and Operate (ATSO) procedures which are used to carry out tasks supporting the flying mission.

"Alarm Black, MOPP Level Four," sounds the big voice. Members of the 103rd Fighter Wing move about slowly checking each other to ensure they are wearing their protective suits. Then the search for simulated unexploded ordnance. Wing members practice their ATSO skills.

"There was a definite increase in people's response and participation," said Master Sgt. James F. Boucher, exercise evaluation team member, 103rd Maintenance Squadron. "You can tell some of these people are taking their books because everyone seems to be doing well in SA during the April UTA was probably the key event which was a definite improvement."

Due to the physical difficulty of operating in the protective suits, "work rest cycles" echoes across the base from the big voice. The base is simulating chemical contamination, members of the 103rd Fighter Wing decontamination area to move to a rest area. The exercise was the first time the new process for the contamination control was tested.

"The whole purpose of this process is to allow people to rest and go to a Toxic Free Area (TFA) for extended relaxation," said J. Morelli, exercise evaluation team contamination control member, 103rd Engineering Squadron.

Morelli noted that his section had just received training prior to the evaluation, so it was a challenge to bring in a



Members of the 103rd Communications Flight mark off a flightline during the exercise. (Photo by Senior Airman Julie Bragg, 103rd Fighter Wing)

sense of urgency during training

owing. "Alarm Red" echoes over big e-wide public address system. Airmen chem-gear as the smell of gunpowder

at Bradley Air National Guard Base 103rd Fighter Wing conducted an annual n for a Unit Operational Readiness Self-Aid and Buddy Care (SABC) and edures while personnel continued to

the big voice again. Airmen begin to sure they are correctly wearing their unexploded ordinance begins as the

response and use of the ATSO book," valuation team SABC evaluator, 103rd ese people have really been studying well in SABC. The war skills training which was responsible for everyone's

the protective suits, the call to implement n the big voice system. Because the members needed to process though a ne exercise was the first time the unit on control area.

ow people to remove their equipment relaxation," said Senior Master Thomas on control area evaluator, 103rd Civil

ed training on the new process a week bring in augmentees to run a process

that was new to his trainers.

"I can see the advantage of using the buddy system in the process because it allows more unstaffed areas to be set-up all over an installation," said Capt. George H. Worrall, contamination control area chief, 103rd Fighter Wing. "Each member will need more thorough training before I would be comfortable saying it is a success, but the potential is there."

Beyond preparing for an exercise, the training allows wing members to get comfortable with the war skills that could be tested during contingency operations anyplace in the world where the unit deploys.

"All the people that I worked with showed a positive attitude towards the war exercise," said Airman 1st Class Stephanie D. Mencarelli, persco team member, 103rd Mission Support Flight. "I am glad that during this exercise I got to meet other guardsman who had fun participating in this exercise. I think that the ORE was definitely a great learning experience ... I learned a lot."

Beyond allowing new wing members to gain new skills, and all to learn new processes, the exercise is also a way for the more experienced members to hone the skills they need to succeed in the high stress environment.

"A sense of urgency is important in any ORE, but taking a minute or two to think through a situation before making a decision can make the difference between the right way and the wrong way," said Chief Master Sgt. Doreen Bassingthwaite, health services manager, 103rd Medical Squadron. "We have a lot of new folks and this training was very beneficial and our experienced people had the chance to refresh their training. They worked very well as a team ... enjoyed the experience and learned a great deal"

It is important that individual members and sections feel they gained experience, but the final ruling rests with the evaluation team to determine where the wing succeeded or need improvement.

"It was obvious a lot of work went into the wing's preparation for this event from the Warskills training in April to the evolution of command and control mechanisms," said Col. Thad Martin, exercise evaluation team chief, 103rd Fighter Wing. "Although much remains to be developed and tested, the wing can be proud of what they demonstrated and how well they did it. Huge positives were self aid and buddy care, sense of urgency, and ability to survive and operate as we moved through the exercise."



Members from the 103rd Fighter Wing practice processing through the Contamination Control Area. The newly designed processing line involves using the buddy system to properly remove Individual Protective Equipment known as the chem-suit. (Photo by Senior Airman Julie Bragg, 103rd Fighter Wing)



Members of the 103rd Fighter Wing practice their Self-Aid and Buddy Care skills after a simulated attack during the exercise. (Photo by Senior Airman Julie Bragg, 103rd Fighter Wing)



mark off a simulated Unexploded Ordinance-UXO outside their work facility while conducting a reconnaissance sweep (Photo by Senior Airman Julie Bragg, 103rd Fighter Wing)



Members of the 103rd Civil Engineering Squadron simulate the vehicle decontamination process during the exercise. (Photo by Senior Airman Julie Bragg, 103rd Fighter Wing)

Military Matters



CAPT. JAMES GUERRERA
HRO

Federal Employees Health Benefits (FEHB), Open Season: Nov. 9 –Dec. 11, 2002. Changes will be effective Jan. 12, 2003.

The Connecticut National Guard will host an open season health fair at the 103 Fighter Wing, Dining Hall at 100 Nicholson Road, East Granby, CT Nov. 19, 2002, from 10 a.m. to 2 p.m. Army and Air National Guard Technicians and retirees are invited to attend. Local and National providers have been invited to answer your questions, provide handouts and explain program or benefit changes.

An Additional Health fair open to National Guard Technicians and retirees is scheduled at the Newington VA, on Nov. 22, 2002 from 10 a.m. to 2 p.m. All are welcome.

Health Net INC. Health insurance is discontinuing their coverage for Federal Employees and annuitants. If you have Health Net INC. insurance you must choose a different provider during this open season. Those employees and retirees

Open Season for FEHB and TSP

facing this mandatory change are encouraged to attend one of the following health fairs to choose a new provider. Once you have decided on a new provider, contact the Human Resources Office at (860) 878-6735 to complete the necessary paper work, (SF2809).

If you cannot attend any of the above FEHB fairs, you can research each provider on the WEB at www.opm.gov/insure. This site is a great resource for employees that want to review FEHB plan coverage; research changes made by providers, or just access FEHB information. Limited hard copies of provider plans will be available in the Human Resources Office, and at major installations for your review. Please contact us at (860) 878-6735 if you would like a copy.

TSP: Open Season: Oct. 15 to Dec. 31, 2002. Changes to be effective Dec. 1, Dec. 15, Dec. 29, 2002 or Jan. 12, 2003 depending on when the requests are received.

This open season allows participants the opportunity to increase decrease, stop or start their contributions.

Employees are reminded that FERS participants can increase savings from 12 percent to 13 percent and CSRS participants can increase from 7 percent to 8 percent of their salary. The IRS limit for retirement contributions for CY 2003 will increase from

\$11,000.00 to \$12,000.00. To start/stop or make changes to TSP send the Human Resources Office a completed TSP form 1. Forms and complete information on the Thrift Savings Plan is available on the WEB at WWW.TSP.GOV.

Employees are encouraged to use the web site and Thrift Line to make their changes. For account transactions call (504) 255-8777. For information or to talk to a customer service representative call (504) 255-6000. These numbers support both Uniformed Services and Federal Employee accounts. Be sure to have your personal identification number (PIN) readily available when you call or check out the web site. If you have questions on TSP you can contact the Human Resources Office at (860) 878-6738 for answers and support.

Also, I would like to recognize Chris Bartlett, Toni Martucci, Richard Augustinski, George Worrall, Charlie and Jane Solomon, and Debbi Newton for working the Military Department Awards Ceremony and Picnic.

We appreciate their efforts on behalf of the total force. They sacrificed so the other participants did not have to. Thank you.

Closing the Back Door: FY02 Strength Maintenance Award recipients honored

MAJ. SCOTT WILSON
STATE PUBLIC INFORMATION OFFICER

On Monday, Sept. 30, 2002, the adjutant general recognized units of the Connecticut National Guard (CTNG) at the company and battalion level that achieved or exceeded the adjutant general's strength maintenance goals for FY02.

Command cells consisting of commanders, command sergeants major or first sergeants, and guidon/color bearers from all detachment and company-sized units, battalions, and MACOMS reported to the Hartford Armory's drill shed floor to receive their awards.

The units' mission was to achieve attrition rates of 18 percent or less, and retention rates of 85 percent or greater. Units formally recognized at the ceremony are:

- Company size units achieving an attrition of 18 percent or less (gold streamer)
- Units whose retention rates were 75 percent (red streamer), 80 percent (white streamer), or 85 percent (Blue Streamer)
- Best unit attrition in the State (company receives t-shirts)
- Best unit retention in the State (company receives hats)

The units recognized for achieving the highest unit retention for FY02, with a retention of 100 percent, were Headquarters/Headquarters Company, 169th Aviation and the 103rd Security Forces Squadron. The units recognized for achieving the lowest unit attrition for FY02, with an attrition of 6.3 percent, were Headquarters Supply Company, 143rd Forward Support Battalion and the 103rd Air Control Squadron.

The military department unit recognized for achieving the highest percentage of strength increase for FY02 was the First Company Governor's Horse Guard.



Members of the Connecticut Air National Guard receive a Strength Maintenance Award from Maj. Gen. William A. Cugno, while Brig. Gen. I.J. Zembrzuski looks on.

Education Essentials: Changes to MGIB Kicker and Federal Tuition Assistance programs explained

1st LT. PAUL L. DRAPER
EDUCATION SERVICES OFFICER

Army National Guard MGIB Kicker Policy Changes

These are just highlights of the changes to this year's policy and are not intended to be all of the changes.

- High priority unit requirement is eliminated. All eligible applicants/soldiers must now enlist in a valid MTOE Unit. TDA Units are not authorized the MGIB Kicker.

- Non-prior service applicants must be Category I-III A (50 or higher on the ASVAB) and must enlist in a critical MOS in an MTOW Unit.

- NPS applicants are eligible for the MGIB Kicker if they were previously issued a MGIB Kicker. A new kicker can still be issued as long as the applicant never became eligible under the initial MGIB Kicker contract.

- Prior service soldiers may enlist in any MOS in a MTOE Unit.

- SMP applicants must sign a NGB Form 594-1 and a DA Form 597-3 in order to be eligible for the MGIB Kicker. The effective

date of the kicker will be the latter of the two dates.

- Soldiers who voluntarily transfer out of their MGIB Kicker eligible MOS/Unit are immediately suspended from the kicker and have one year to return to an eligible MOS/Unit or be terminated.

- Soldiers who enter the AGR program and have completed the six year obligation that entitled them to the MGIB Kicker will remain suspended of the incentive, they will not be terminated.

Federal Tuition Assistance Changes

Again, these are just highlights of the changes and are not intended to be all.

- Rate change: The new rate is 75 percent tuition up to \$200 per semester hour, up to \$4,000 per soldier, per fiscal year.

- Fees required for instruction of the course or that are a requirement to all students for 'enrollment purposes' are now authorized up to \$500 per soldier, per fiscal year. (Note: This amount is included in the \$4,000 annual cap.)

- DA Form 2171E (horizontal form) will be used instead of DA Form 2171 (vertical form).

- Distance Learning tuition assistance requests will no longer be paid separately by DANTES. States must pay all tuition assistance requests, regardless of their method from the ARNG FTA funds allocated to their state.

- All Distance Learning requests, regardless of length, will use the DA Form 2171E. The DANTES Form 1562 will no longer be used for DL requests.

- The previous caps for ARNG FTA and MGIB-SR are removed. Soldiers eligible for the MGIB-SR may receive ARNG FTA up to the current authorized levels provided the student is enrolled at least half-time or more.

- Simultaneous payment of ARNG FTA to soldiers eligible for the MGIB-AD is authorized only if the soldier is not a MGIB Kicker recipient.

- Soldiers eligible for ARNG FTA and a Pell Grant will now apply the Pell Grant first and the ARNG FTA to the balance not covered by the grant.

For further information on either of these programs, contact 1st Lt. Paul Draper at (860) 524-4816.



CHIEF MASTER SGT.
WANDA WAWRUCK

Enlisted Update

Recognition, a great tool for our valuable team

What is recognition? Some may respond simply by saying, "Thank you," or "good job." In most cases, that is all anyone asks of their leadership. For some leaders, it is difficult to balance their focus on people and mission; but those who do, never miss an opportunity to recognize their people and fellow teammates.

There are many ways a leader can recognize individuals and teams beyond "thanks" and "good job." For example, many units have monthly award programs; most functional areas have annual awards presented at the national level; and federal awards such as the achievement, commendation, and meritorious service medals — just a small sample of how we can publicly recognize our outstanding members.

Unfortunately, some leaders may shudder at the thought of writing an award package. Fortunately, our recognition processes have significantly improved over the years requiring less effort than the past.

One of my mentors has a very simple method in consolidating data specifically useful in recognizing and evaluating personnel. This method requires subordinates to keep a log of their projects each month. The log included mission-related projects, personal development, community service, and any other significant contributions.

At the end of each month, the member submitted an informal bullet-style report identifying their involvement and the status of started or completed projects. In addition to the report, conduct personal assessments and request frequent customer feedback. As due dates near for specific awards, a leader is in a good position to construct and submit a package because the majority of research is completed well before the award deadline.

This method proved very effective for awards, feedback sessions, evaluations, and more importantly, staying connected to your people. Once again, don't drive yourself crazy collecting information at the last minute...document personnel activity often.

We have two leaders in our organization

that have had success at the national level in a similar process recognizing our finest enlisted members — Lt. Col. Fred Miclon, 103 MXG/CC, Lt. Col. Jack Swift, 103 MXS/CC, and Lt. Col. James Works, 103 AMXS/CC. Having served on two national boards, I have witnessed first-hand that our maintenance commanders have what it takes to create a competitive package.

I am referring to the Outstanding Airman, Noncommissioned Officer, and Senior Noncommissioned Officer of the Year (OAY), and First Sergeant of the Year Programs. Although the airmen and noncommissioned officers of the month, and senior noncommissioned officers of the quarter are considered for this prestigious annual honor, consider all your sustained performers — submit a package. We've won the runner-up position in all categories for the past five years — this year Master Sgt. Dorene Bosco won in the First Sergeant category and was recognized as the Air National Guard's finest First Sergeant!

Time is running short for this calendar year's package submissions...they must be submitted to the Wing Command Chief Master Sergeant and Air Control Squadron OAY Board President no later than Dec. 12 to meet December's UTA selection board. The State selection board is scheduled for January UTA. In the meantime, consult with your unit awards and decorations monitors, AFI 36-2805, our maintenance commanders or myself for assistance. Let's continue to recognize our finest...we owe it to our enlisted force. Be a leader who balances people and mission!

On behalf of Command Sgt. Maj. Raymond Zastaury and myself, we want to thank our Senior Noncommissioned Officers who attended the 21st Annual Dining-In. Your "donations" in support of the Connecticut National Guard Family Program and recognition of our Airmen and Soldiers of the Year is appreciated. We had a lot of laughs and it's always fun to celebrate this joint event with the Navy, Coast Guard, Marines and Canadian friends. We look forward to seeing ALL Senior Noncommissioned Officers next year as the Air Guard will host the event at the Aqua Turf, Oct. 3, 2003.

Until we meet again in January, I wish you and yours a healthy and safe holiday season.

Warrant Officer Update

Warrant Officer Study

COMMAND CHIEF WARRANT OFFICER 5 MARK S. MARINI
STATE COMMAND CHIEF WARRANT OFFICER



A study conducted by the Army Training and Leader Development Panel (ATLDP) focusing on training and leader development requirements for Warrant Officers as the Army transforms to the Objective Force has been recently released. ATLDP Phase III is part of the largest self-assessment ever done by the Army. It follows studies of the Commissioned Officers (Phase I) and the Non-Commissioned Officer Corps (Phase II), the results of which have been previously released.

The panel completed Phase I (Officer Study) in May of 2001, and Phase II (NCO Study) in May 2002 and the Army integrated the recommendations into its Transformation Campaign Plan. It has implemented a number of the recommendations and developed actions, decisions and resources required to implement the others.

Army Warrant Officers are a unique breed; technical specialists that other soldiers depend on to keep a unit functioning. In rank, warrant officers fall between enlisted personnel and commissioned officers. The Army's 21,300 Warrant Officers comprise just two percent of the entire service. Fifty-four percent of warrant officers are in the active force, 33 percent are in the Army National Guard, and 13 percent are in the Army Reserve. Warrant officers serve in every branch except infantry and armor. More than half of all warrant officers serve in combat arms and 48 percent serve in the aviation field as pilots, maintenance technicians, safety officers and in other aviation specialties.

The Warrant Officer Study resulted in 63 recommendations grouped into four major categories; Army Culture, Training and Education, Manning and Professional Development. Some of the recommendations are beneficial, others are long overdue, some will shock and surprise you.

The study concludes the Army must make fundamental changes in the warrant officer corps. Currently, warrant officers have their own schools, their own career track and a "rising eagle" insignia that acknowledges only their corps, not their tradecraft. At the center of the change is a complete integration of warrant officers into the larger officer corps, a process begun in the 1980s

but never completed.

Specifically, the study concludes that the Army needs to clarify the roles of warrant officers, then make changes to their professional development, training and education, and manning.

Army Chief of Staff, Gen. Eric K. Shinseki chartered the ATLDP in June 2000. He instructed the panel, which convened at Fort Leavenworth, Kan., to examine issues affecting training and leader development, and empowered the panel to examine appropriate institutions, processes, tools and the environment.

When asked in a survey, "What would you tell the Chief of Staff of the Army is the most important change he can make to warrant officer training and leader development?" the top five responses were: the warrant officer education system; pay and compensation; the role of the warrant officer; technical/Military Occupational Skill (MOS) training and insufficient resources.

The study showed the issues are fully interlaced and that changes must be relevant to the roles of warrant officers and connected to each other by warrant officers' need for life-long learning, structure, standards and assessment.

The recommendations in the study's action plan require Army senior leaders to make decisions, set priorities and allocate resources concerning the full integration of warrant officers into the officer corps; the warrant officers' role in the Total Army; recruiting, accession and retention; pay and compensation; professional development and personnel management; and training and education.

The warrant study is now on its way to an Implementation Process Action Team at Army headquarters at the Pentagon, where team members will individually assess each of the 63 recommendations for credibility, feasibility, cost and time necessary to fully implement.

To download a copy of the complete Warrant Officer Study Report, use this link: <http://www.army.mil/features/ATLDPWO/default.htm>. Right click on the link titled ATLDP(WO) Final Report, which is near the bottom of the page.

Visit the

Connecticut Guardian

on-line at

www.ct.ngb.army.mil



Call

1-800-716-3530

Homefront

In defense of Connecticut's children: Red Ribbon Celebration 2002

CAPT. ANNE-MARIE GARCIA
DRUG DEMAND REDUCTION ADMINISTRATOR

The day began with clouds and a light drizzle, but soon the sun came out and so did the cold chilling weather.

This did not stop more than 200 students and adults from Hartford, West Hartford, Granby, Newington, Rockville/Vernon and other surrounding towns from gathering on the Capitol steps on the morning of Oct. 23, 2002.

They were there to kick-off the annual Red Ribbon week celebration.

This year, Kid Fresh from WZMX 93.7, was the Master of Ceremonies for the event.

What is the story behind the symbol of the red ribbon, you may ask?

It started with a brave man named Enrique "Kiki" Camarena who grew up in a dirt-floored house with hopes and dreams of making a difference.

Camarena worked his way through college, served in the Marines and became a police officer.

When he decided to join the U.S. Drug

Enforcement Administration, his mother tried to talk him out of it.

The DEA sent Camarena to work undercover in Mexico investigating a major drug cartel believed to include officers in the Mexican army, police and government.

On Feb. 7, 1985, the 37-year-old Camarena left his office to meet his wife for lunch. Five men appeared at the agent's side and shoved him in a car.

One month later, Camarena's body was found in a shallow grave. He had been tortured to death.

In honor of Camarena's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin.

Parents, sick of the destruction of alcohol and other drugs, had begun forming coalitions.

Some of these new coalitions took Camarena as their model and embraced his belief that one person can make a difference.

The red ribbon was adopted as a symbol of the movement in honor of Enrique Camarena.

Sixteen years later the campaign has reached millions of U.S. children and has been recognized by the U.S. Congress.

One of this year's guest speakers for the event was Col. Mark Scraba, who was representing the adjutant general of the Connecticut National Guard, Maj. Gen. William Cugno.

Scraba gave many words of advice on how to stay drug free, "find a mentor, surround yourself with successful people, get an education and have a goal."

Several students read essays they had written explaining what their Anti-Drug is.

Motivation, commitment and enthusiasm for living a drug free life were contagious throughout the crowd that attended the kick-off celebration.



Students show off their posters of personal Anti-Drugs during ceremonies marking the beginning of Red Ribbon Week at the state capitol. (Photo courtesy of DDR)



A student at the Red Ribbon Week Kick-Off ceremony shows his poster of Anti-Drugs, many of which are military in nature. Students joined members of the National Guard, the DEA and other organizations for the ceremonies at the capitol. (Photo courtesy of DDR)

The Connecticut National Guard in partnership with The Capital Area Substance Abuse Council (CASAC) and The Drug Enforcement Administration (DEA) has sponsored this annual event for the last five years.

The DEA in Partnership with the Connecticut National Guard's Aviation Role Models For Youth Program (A.R.M.Y.) will be conducted throughout the week during Red Ribbon Celebration, which was Oct. 23 -31, 2002.

If you have any questions about other Drug Free events or Educational & Leadership Programs please call 860-493-2724 and ask for Capt. Anne-Marie Garcia or Master Sgt. Melisa Lata.

CHAPLAIN'S
CORNER



Disciplined
behavior

CHAPLAIN (COL.) DAVID A. FEYERER
STARC CHAPLAIN

The focus of this month's edition of the *Guardian* is awareness to one of our society's major problems, irresponsible use of alcohol and the difficulties and disruptions that are related to this issue.

One of the things that our religious practices call us to is disciplined behavior. No matter what our religious preference, all religions have expressions of "oughts" that are shared with their members.

The 10 Commandments, love your neighbors as yourself, do unto others as you would have done unto you, are all expressions of religious "oughts". They might be generally categorized under the words "responsible behavior". We are to be responsible to our God (our higher power) and to our neighbors. This means refraining and temporizing behavior that could lead to harm.

In civil society we are more interested in the negative. Do not... Do not... These prohibitions say something about the cause and effect of our actions.

If you are not governed by any other power or beliefs, our society says behave responsibly or you will pay a penalty. There is no provision in the law for caring for neighbors.

One of the great things about the military community is that it is largely composed of people who care for one another. People who want to behave responsibly and who have become soldiers to insure that the freedom to act responsibly is protected.

Thus in many ways, this edition of the *Guardian* is "preaching to the choir". On the other hand, it is also getting into our hands some facts that we sometime forget.

So, as we are reminded of these facts, perhaps we can share them with others so that we not only behave with increasing responsibly but also encourage others to do the same.

TGIF – The Guard Is Family: November is the Month of the Military Family

KIM HOFFMAN
FAMILY PROGRAM COORDINATOR

Before I wrote this month's column, I took out last year's November edition to see what we had to say about the celebration of the military family. My first thoughts after scanning the paper were that we were a very busy Guard at this time last year; that we were dealing with the 9/11 tragedy each in our own way and lastly that we were trying to figure out how we would get through the holidays because of these things.

My thoughts now as I write this column are similar, but with a decidedly different interpretation. Nothing has changed – we are still a very busy Guard, 9/11 still affects our lives and the holidays will be upon us before we know it and we will have to figure out how we'll get through them again this

year. But more important than these obvious issues is that we have survived – and we will continue to survive, because we are a strong, committed Americans.

Throughout the last 12 months our family strength has been challenged by lengthy deployments both overseas and in the United States, continued threats and worries of further terrorist attacks and the day to day challenges that life presents us. Routines that once seemed normal have been abolished as a result of new policies and procedures stemming from 9/11.

I guess my point is that it's great to designate a month to honor the military family, but they deserve recognition throughout the year for the additional stress that a military lifestyle can present. So to all military families – thank you for sharing yourselves in so many ways. May God keep all of you safe and continue to

provide you with the strength you need to sustain a strong family union.

The Military Parent's Pledge
(Provided by the Guidance Channel Companies)

1. I will be a good role model for my child setting an example of appropriate behavior.
2. I will help my child feel loved and valued through what I say and do.
3. I will show my child the same respect that I expect to be shown my child.
4. I will praise my child for his/her successes and efforts toward success.
5. I will create opportunities for my child to feel successful, encouraging my child to meet new challenges and learn from mistakes.
6. I will recognize that each child is unique, developing at his/her own pace. I

will make sure my expectations are appropriate to my child's age and stage of development.

7. I will establish effective communication with my child. During periods of separation I will stay in touch through letters, calls, cassettes or video messages.

8. I will spend time with my child in activities we both enjoy. Even though my military job may sometimes require me to be away from home, I will make sure to make time for my child when I am home.

9. I will correct my child in positive ways, focusing on the misbehavior, not my child's self-worth.

10. I will love my child unconditionally. Through words and gestures, I will let my child know he/she is a lovable, capable and worthwhile human being.

Strength in Unity, Faith and Diversity celebrated

CAPT. LOU MARTINEZ
65TH PCH

The Connecticut National Guard joined forces with the United States Postal Service to celebrate Hispanic Heritage 2002.

"Strength in Unity, Faith and Diversity," was this year's theme. The event was held at the Theatre of Performing arts, at the Learning Corridor in Hartford.

Father James Santiago-Lowry gave the invocation in Spanish and English saying, "help us to celebrate this Hispanic Heritage, that we have the strength of character to make for unity and diversity and that we celebrate together to make this world a better world, free of violence and terrorism."

For a decade, the Connecticut National Guard and U.S. Postal Service have celebrated the rich history and tradition of the nation's Hispanic-Americans.

The ceremony honored the millions of Hispanics who made significant contributions to the American way of life.

Hispanic-Americans like Luis Estevez, who organized the first Puerto Rican National Guard and rose through the ranks to become a brigadier general. They remembered the Hispanics who gave the ultimate sacrifice.

"Thirty-eight Hispanics have earned the military's highest decoration, the Medal of Honor," said Tech. Sgt. Ana Ortiz, 103d Fighter Wing, Connecticut Air National Guard. Ortiz served as the Master of Ceremonies.

"Today we honor this rich history and recognize our nations strength is truly founded on unity, faith and diversity of our citizens," said Ortiz.

Two people received Special Recognition Awards for their service to the Hispanic community: Jose Bermudez with the United States Postal Service, Norwalk and Master Sgt. Frank Gonzalez with the Connecticut Air National Guard.

"It is an honor, not only for the things that I have done, but for my family and the rest of the Hispanic Community. Without them, this

wouldn't be possible," said Gonzalez.

The keynote speaker for Hispanic Heritage 2002 was the Honorable Jose A. Cabranes Judge, U.S. Court of Appeals, Second Circuit.

"It is an honor to join the National Guard. All Americans have a great debt for the Guard's honorable service," said Cabranes.

"I want to pay tribute to the Guard itself. It is especially fitting to pay tribute to Hispanics in the National Guard. They are members of a distinguished organization."

In his speech, Cabranes also paid homage to the victims of the 9-11 attacks.

"Hispanic-Americans were victims of the evil and atrocities of a year ago. The number of Hispanics who lost their lives in the World Trade Center attacks is in the hundreds."

Organizers of the event recognized six academic achievers from public schools

throughout the state: Nia Espinosa from the Vance School in New Britain; Jonathan Plaza from Maloney Interdistrict Magnet School in Waterbury; Amarillys Rodriguez from The E.B. Kennedy School in Hartford; Jacqueline Liu from Dodd Middle School in Cheshire; Hugo Lara from East Haven High School and Melissa Soto from Watertown High School. They were presented with a certificate of academic excellence for their essays about Hispanic Heritage. They also received a \$100 U.S. Savings Bond from the U.S. Postal Service and a plaque.

"Diversity is a beautiful thing," said Hugo Lara. The East Haven high school senior says Hispanic Heritage is very important for people his age with a Hispanic background. "It motivates you to do more."

The U.S. Postal Service re-dedicated "The Heroes of 2001" stamp. Organizers also paid tribute to the late Honorable State Representative John Martinez. Martinez was killed in a car accident in October.



INFORMATION Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing sensitive information. Protect critical assets and networks. Documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our priorities are listed on the enclosed below. Do it right from the start with information protection from us.



SECURITY
A MESSAGE

Company A, 1/169 Regt (OCS) OFFICER CANDIDATE SCHOOL OPEN HOUSE

Open House Dates:

23 November 2002

14 December 2002

25 January 2003

22 February 2003

15 March 2003

26 April 2003

Phase 0 dates— 26-27 April 2003

17-18 May 2003

28-29 June 2003

Phase 1 date — 12-26 July 2003



Bring a friend, spouse or significant other

*Open House will be in Building 402, Leadership Hall,
1000—1200 hours*

Uniform is BDU on duty. Civilian all others

*Officer Candidate School -
Training Tomorrow's Leaders*

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Naugatuck, Connecticut

Phone: 860-681-4320

Fax: 860-681-4311

E-mail: francis.mcclellan@hqa.army.mil

Guarding Your Rights

Legal Affairs: *Conviction by Civil Court*

CAPT. TIMOTHY TOMCHO
JAG OFFICE

Commanders and supervisors counsel their subordinates about the dangers of drinking and driving, giving warnings of the inherent implications of personal injury to themselves and others and hinting of devastating legal and professional ramifications.

Envisioning the personal injuries to oneself and others that may result from drinking and driving is a gory mental exercise, which alone should suffice to deter a person from such reckless behavior. However, many still drink and drive. More than 10,000 people are arrested in Connecticut annually for "driving under the influence" (DUI). In such cases, legal and professional ramifications have special significance.

DUI is an offense chargeable under section 14-227a of the Connecticut General Statutes. The legal penalty for such a violation of law is severe.

First-time offenders may be (A) fined not less than five hundred dollars nor more than one thousand dollars and (B) be (i) imprisoned for not more than six months, forty-eight consecutive hours of which may not be suspended or reduced in any manner or (ii) imprisoned not more than six months, with the execution of such sentence of

imprisonment suspended entirely and a period of probation imposed requiring as a condition of such probation that a person perform 100 hours of community service, and (C) have such person's motor vehicle operator's license or nonresident operating privilege suspended for one year. The penalties increase for repeat offenders.

In addition to the "direct" legal penalties, there are associated costs. A person charged with DUI will be required to appear in court numerous times, at a time and place designed by the court. Failure to appear is a chargeable offense. Moreover, it is advisable to have an attorney, another expensive legal aspect of being charged with DUI.

Soldiers convicted of civilian offenses face direct consequences professionally. Under Army Regulation 135-178, "Enlisted Administrative Separations," a soldier may be discharged for misconduct when it is determined that the soldier is unqualified for further military service by reason of a civilian conviction.

The discharge action may be initiated when initially convicted by, or action is taken that is tantamount to a finding of guilty. The discharge may also ensue when a punitive discharge would be authorized for the same or closely related offense under the Uniform Code of Military Justice, or the sentence by civil authorities includes confinement for six

months or more without regard to suspension or probation. Under the regulation, the soldier's immediate commander initiates the discharge.

If the DUI (or other conviction from a civil court) does not warrant discharge, the appropriate level of command may initiate an action to reduce the soldier's rank, regardless of any pending civil appeal of the conviction. However, a reversal of the conviction is appropriate grounds for the restoration of the soldier to the former grade.

Sergeants and above, unless waived or otherwise exempted, are entitled to receive a reduction board when being considered for reduction for inefficiency, misconduct, or due to civil conviction. National Guard Regulation 600-200, "Enlisted Personnel Management," sets the administrative reduction authority for assigned or attached soldiers is the following:

- Pvt. 2- Cpl./Sp. — Company, troop, battery, separate detachment commanders;
- Sgt.-Staff Sgt. — Field grade commanders of an organization authorized a commander in the grade of lieutenant colonel or higher;
- Sgt. 1st Class-Sgt. Maj. — Commanders of organizations authorized a commander in the grade of colonel or higher.



2002 Scholarship recipients announced

SGT. MAJ. (RET.) JOSEPH AMATRUDA
PRESIDENT, NGA CT

The National Guard Association of Connecticut is proud to announce the recipients of its 2002 Scholarship Program.

NGACT started its Scholarship Program in 1999. Applicants include soldiers, airmen, their children and spouses.

Each of the applicants was evaluated on the following criteria; financial need, academic excellence, community involvement, leadership, and honors received. The pool of applicants was very talented and showed a diverse background.

The recipients of the NGACT 2002 Scholarships are as follows:

Kiley Ann Newton, daughter of Sgt. 1st Class Debbi Newton, editor of the Connecticut Guardian. Kiley is a graphics animation student at Naugatuck Valley Community College.

Althea McNichol, daughter of Staff Sgt. Claire Potier who works at the HRO office in Newington. Althea is presently enrolled at Old Dominion University in Norfolk, Virginia.

David A. Carlson, son of Master Sgt. Kent Carlson of the Recruiting and Retention Office. David is studying marine biology at the University of Rhode Island.

Sarah A. Erdmann, daughter of Lt. Col. Richard Erdmann, commander of the 103d Air Control Squadron. Sarah is entering her freshman year at Arizona State University in Tempe, Arizona.

Sgt. Eileen S. Casey, a member of the 103d Fighter Wing. Eileen will be attending Central Conn. State University this year working toward a degree in graphic design communications.

Congratulations to all of our scholars. Each recipient has received a \$500 scholarship from NGACT. With the assistance of a \$1,000 check from USAA, NGACT hopes to increase the amount of scholarship funds available in 2003.

The funds for this scholarship program come, primarily, from the NGACT Golf Tournament. Our thanks go to Chief Warrant Officer 2 John Godburn, Chief Warrant Officer 4 Jim Howard, Maj. Ralph Hedenberg, Sgt. 1st Class Rich Maziarz, Kim Hoffman and the entire team that worked with them to host this outstanding event.

COMMISSARY & EXCHANGE DIRECTORY

Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office at 1-800-858-2677.

CAMP ROWLAND POST EXCHANGE

MONDAY: Closed
TUESDAY – SATURDAY: 10:00 – 5:00
SUNDAY: 10:00 – 4:00
Phone: (860) 739-9672

ARMY RESERVE CENTER

700 South Quaker Lane
West Hartford, CT
MONDAY – FRIDAY: 10:00 – 1:00
MONDAY – FRIDAY: 1:45 – 4:00
SATURDAY & SUNDAY: Closed
Phone: (860) 236-3393

WESTOVER AIR FORCE BASE

Chicopee, Mass.
MONDAY – FRIDAY: 10:00 – 5:00
SATURDAY: 10:00 – 5:00
SUNDAY: 11:00 – 5:00
Phone: (413) 593-5583

COAST GUARD ACADEMY

New London
MONDAY – FRIDAY: 9:00 – 5:00
SATURDAY: 9:00 – 3:00
SUNDAY: Closed
Phone: (860) 444-8488

AIR NATIONAL GUARD

East Granby
TUESDAY – FRIDAY: 10:00 – 5:00
SATURDAY: 10:00 – 4:00
SUNDAY & MONDAY: Closed
UTAs: Open Saturday &
Sunday: 10:00 – 5:00
Phone: (860) 653-6994

WEST POINT, NEW YORK

Exchange Hours:
SATURDAY – WEDNESDAY:
10:00 – 6:00
THURSDAY & FRIDAY: 10:00 – 7:00
Phone: (914) 446-5406
Commissary Hours:
MONDAY: Closed
TUESDAY & WEDNESDAY:
10:00 – 6:00
THURSDAY: 10:00 – 7:00
FRIDAY: 10:00 – 6:00
SATURDAY: 9:00 – 5:00
SUNDAY: 11:00 – 5:00
Phone: (914) 446-5406

COAST GUARD STATION

120 Woodward Avenue
New Haven, CT
MONDAY – FRIDAY: 9:00 – 4:30
SATURDAY: 9:00 – 2:00
SUNDAY: Closed
Phone: (203) 468-2712

SUBBASE, NEW LONDON

Exchange Hours:
MON., TUES., WED., FRI.: 9:00 – 6:00
THURSDAY: 9:00 – 7:00
SATURDAY & SUNDAY: 9:00 – 5:00
HOLIDAYS: 9:00 – 4:00
Phone: (860) 694-3811
Commissary Hours:
MONDAY: Closed
TUE., WED. & FRI.: 9:00 – 6:00
THURSDAY: 9:00 a.m. – 10:00 p.m.
SATURDAY: 8:00 – 5:00
SUNDAY: 10:00 – 5:00
Phone: (860) 694-2244

Inside OCS

Inside OCS: The Road to Gold

OFFICER CANDIDATE ELIZABETH TURNER
CLASS 48

I have to admit I had no idea what I was getting into.

All I knew is that I had a college degree and that a new Officer Candidate School class was starting. I had to make a split decision or wait another year. Did I want to be an officer? Was I ready to be an officer? Would I be a successful officer? All these questions were running through my head as I stood on the parade field at Camp Rowland in July, waiting for Phase I to begin.

My military career up to that point had been brief and hardly glorious. I enlisted in March of 2001 and attended Basic Training in September 2001 at Ft. Leonard Wood and AIT for four months at Ft. Sam Houston.

My experience with officers was even more brief and most forgettable. At Basic

Training, the officers I encountered had boots that were way too shiny (how can you trust a person who is 100 times cleaner than you?) and in AIT, my company commander was young and had braces! Are these people expecting me to take them seriously? Add to that the fact that all of my drill sergeants were NCOs and I have to say that I didn't think very highly of officers. Until Phase 1.

July 13, 2002. It was like Basic Training all over again, with one giant exception. At Basic Training, all you had to do was show up. We were told what to do and when to do it. Phase I had us doing the physical work of Basic with the added responsibility of having to plan ahead for that day's activities. We had to make time hacks, plan for troop movements, make sure that our troops were healthy, well fed and watered. This was much harder than I had expected.

I was hooked though. The frenetic pace, the adrenaline rushing through my body, the thrill of accomplishment, even if all that we had done was make a time hack or not completely fouled up a frago. Not everyone is cut out to be an officer, and no one is standing on street corners handing out gold bars. They have to be earned.

My first experience with leadership at Phase I was as Alpha Company's first sergeant. I had the honor of working with a seasoned professional, First Sgt. Clark. He did a great job of helping me make judgement calls and correcting me when I was on the verge of making a huge mistake. But mostly, he let me do what I thought needed to be done. He let me make certain mistakes and would pull me aside at a later time to counsel me on strategy.

I really enjoyed having the opportunity to

experience different leadership positions. Being the first sergeant, I came to realize the importance of the platoon sergeants. I had one who was a very strong leader and whom the platoon listened to and cooperated with. The other platoon sergeant would stare at me blankly, wouldn't write anything down and had no sense of urgency and not surprisingly, couldn't motivate his troops. It can be frustrating when your success is measured by the actions, or inaction, of other people.

I hope that I can be the kind of leader that inspires my soldiers. I don't want my soldiers to think that my boots are too shiny and that the only time they are going to see me is when things are going very well or very badly. I want my soldiers to know that I have integrity and that I care about their well being.

1ST OCS BN, 169TH LEADERSHIP REGIMENT

Officer Candidate School Open House Dates:



23 November 2002
14 December 2002
25 January 2003
22 February 2003
15 March 2003
26 April 2003

Location: Camp Rowland,
Niantic, Connecticut

Phone: 860-691-4320

Email: francis.evom@ct.ngb.army.mil

Fax: 860-691-4211

Phase 0 dates - 26-27 April 2003

17-18 May 2003

28-29 June 2003

Phase 1 dates - 12-26 July 2003

Bring a friend. Spouse or Significant other

Open House will be in Building 402, Leadership Hall. 1000-1200 hours

Uniform is BDM on duty. Civilian all others

Employer Support of the Guard and Reserve: Foot Guard member honored by Connecticut ESGR

STAFF SGT. MICHAEL CONDON
FIRST COMPANY GOVERNOR'S FOOT GUARD

Col. Carl R. Venditto, USMCR, (Ret), Chairman of the Connecticut Employer Support of the Guard and Reserve Committee presented an ESGR Certificate of Appreciation to First Company Governor's Foot Guard Maj. Loren W. Schave, from Farmington. The award was presented at the Company's battalion parade on Sept. 30, 2002.



Schave, a retired educator, historian, and curator of the Foot Guard museum was honored for his ongoing support of the

ESGR by supplying uniforms, badges, posters and historical memorabilia to the ESGR committee, which has programs supporting the Guard and Reserve.

Exhibits are currently on display at Bradley International Airport in Windsor Locks.

Guardian, editor honored

The *Connecticut Guardian* has been honored with two Journalism Awards by the Department of the Army Public Affairs.

The "J Awards" as they are known, were presented to the *Guardian* for articles that appeared in the August and October issues.

The August article was "Charge Card Abuse: Are You Guilty?" and the October article was "Putting a Face on Breast Cancer" along with the centerspread on breast cancer.

Sgt. 1st Class Debbi Newton, editor of the *Connecticut Guardian*, has been named the National Guard Bureau Senior Level Writer of the Year for 2001. She received the award at the National Guard Bureau Public Affairs Workshop in Dearborn, Mich. last month.

Health & Fitness

Your Health Matters: *Flu season is here*

CAPT. KATHLEEN KING
HEALTH SERVICES

*Winter in New England is beautiful....
Who's woods these are, I think I know
His house is in the village so
He will not see me stopping here
To watch his woods fill up with snow...*

Robert Frost

"Hatchoo! Ugh, I don't feel so good.
Maybe I have the flu."

Flu season begins in November and generally lasts through April. The influenza virus causes the flu. When someone who has the flu coughs, sneezes, or even speaks, the virus can be transmitted into the air, and infect others. They may cough, use a pen, lend their pen to someone else, and the virus can again be transmitted.

A person who has the flu can spread the virus starting one day before they even develop symptoms, and will continue to spread the virus for three to seven days after the onset of symptoms. (Children can pass the virus on for even more than seven days).

Symptoms may include a sudden onset of fever, headache, nasal congestion, sore throat, sore throat, fatigue, and body aches. During the late fall and winter, many respiratory illnesses can also occur. Many times, it is impossible to tell if someone has the flu based on symptoms alone. Your health care provider can do further testing to diagnose your illness.

Most people who get the flu will recover in seven to 14 days, but some can develop complications, such as pneumonia,

bronchitis, or sinus and ear infections. The influenza virus causes the flu. Antibiotics will not cure the flu. The best treatment is to get rest, drink lots of noncaffeinated fluids, avoid alcohol and tobacco products, and take medications to relieve the symptoms of the flu.

There are some antiviral drugs that can be used to help treat the influenza virus, but studies show that these drugs will shorten the time a person feels ill by one day, an only if treatment is started within the first two days of the illness. These medications don't come without side effects, as well, such as nervousness, anxiety, lightheadedness, difficulty concentrating, nausea, or loss of appetite. (More serious side effects, such as delirium, agitation, and seizures, are possible, but not as common.)

THE BEST WAY TO BEAT THE FLU IS TO GET VACCINATED EACH YEAR BEFORE THE FLU SEASON!

Flu season runs from November to April in the Northern Hemisphere, and from May to October in the Southern Hemisphere. Influenza A and B viruses are the causes of flu in humans, and are found all over the world. These viruses can be further broken down into other subclasses, based on their genetic changes.

You may have heard of the Panama Flu or the New Caledonia Flu. These are caused by different strains of the Influenza A virus. The Hong Kong Flu is type of Influenza B

virus. This year, the flu vaccine should offer protection against these three strains of the viruses, along with a few others. (The type of coverage is based on studies by the US Centers for Disease Control and Prevention on the spread of the flu in the Southern Hemisphere this last year.)

Who should get the flu shot? People who are in high-risk groups and anyone who is in contact with these people. High risk would include anyone who could develop a serious complication by being sick and dehydrated if they got the flu:

- persons aged 65 or older
- residents of long term care facilities or nursing homes
- adults or children with chronic heart or lung disorders
- adults or children who require regular medical follow-up for chronic conditions (i.e. diabetes)
- children 6 months to 18 years who are receiving long-term aspirin therapy
- women in their second or third trimester of pregnancy during flu season

It is safe for a mother who breast-feeds to get the flu shot. Vaccinating healthy children 6-24 months old is encouraged. Although children have the highest rate of infection, healthy children will probably not develop life-threatening complications if they become ill with the flu. In addition, studies have also shown to decrease sick days among the employees who receive the vaccination.

Vaccines are standardized each year to

contain inactivated viruses to fight off at least two types of Influenza A strains and 1 type of Influenza B strain. It takes about two weeks after the shot for antibodies to develop in the body, which will give you protection against the flu. These antibodies help you fight off the virus should you become infected. The flu shot is 70-90 percent effective in health adults under the age of 65 years old.

The vaccine is made from highly purified, egg-grown viruses that have been made to be noninfectious. Anyone who is allergic to eggs should not be vaccinated as the vaccine might contain a very small amount of egg protein. Anyone who has had an allergic reaction to the vaccine in the past (including anaphylaxis) should not get the shot. People with a high fever should wait until their symptoms have gone away.

However, anyone with a minor illness with or without a fever could be vaccinated. The best time to be vaccinated is after mid-October through November. People in those high-risk groups should be vaccinated beginning in September).

Again, the time to get the flu vaccine is before the flu season starts. Wash your hands frequently to stop getting the flu from someone else, or spreading it to someone you know. Use those sick days to stay home and get rest. You don't want everyone else in work to get sick, too. Stay healthy, and keep your family and friends healthy as well.

Fit for Life: *The five components of fitness*

MAJ. JAMES FINN

Fitness has five primary components: **Endurance** (muscular, ie: push-ups and sit-ups); **Stamina** (cardio-respiratory, ie: run); **Strength** (muscular, ie: more push-ups and sit-ups); **Body Composition** (which includes: diet, nutrition, and "percent fat"), and **Flexibility** (Ability to stretch and bend)

Any time we exceed our training, we may injure ourselves. Insufficient personal training (maintaining your fitness) can lead to torn muscles, hardening-of-the-arteries (arteriosclerosis), broken bones, damaged joints, ulcers, and lost time from work or recreation.

The Winter season for soldiers in New England is generally a season of physical rest (compared to the demands of Spring, Summer, and Fall). Unless you work in a physically demanding job or schedule a fitness program, we tend to put on a few pounds, get a little sluggish, and grow a little more sedentary. Fill in the slip to the side and post it on your refrigerator.

Warning!!!! Unless you have expertise in particular fitness areas begin by scheduling

only two strength workouts per week (weights, machines, isometrics), three endurance workouts (swim, bike, run, cross-country ski), and a flexibility time before and after the others (contact a recently trained sports physiologist or Master Fitness Trainer (MFT) for exercises that will not injure you. Many calessthenics used ten years ago are now on the "bad exercise" list.

The Link for *The U.S. Army Physical Fitness School (Fort Benning)*
<http://www-benning.army.mil/usapfs/index.htm>

The Link for *The Kenneth Cooper Institute* ("the father of aerobics")
<http://www.cooperaerobics.com/>

Many programs (martial arts, gymnastics, ballet, modern dance, high impact aerobics) provide a combination of fitness components built into a single regime. Try different programs (many clubs and programs offer free trials for a week up to a month) until you find one that fits your lifestyle. Sunday's alternating one-arm-curls while screaming do not count!!!

Name: _____ Current Weight: _____ Goal Weight: _____			
Last APFT: _____ Push-Ups: _____ Sit-Ups: _____ Run: _____			
Goal Next APFT: _____ Push-Ups: _____ Sit-Ups: _____ Run: _____			
	Endurance Workout	Flexibility Workout	Strength Workout
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Sports



TIM HIPPS
ARMY NEWS SERVICE

Ryan Kirkpatrick led a group of U.S. Army World Class Athlete Program runners to a sweep of the top four spots in the 18th running of the Army Ten-Miler, which began and ended at the Pentagon Oct. 20.

First Lieutenant Kirkpatrick, 24, a native of Hendersonville, N.C., stationed at Fort Carson, Colo., trains in the lofty altitude of nearby Boulder with coach Arturo Barrios and other Army WCAP distance runners. He left the lead pack during the route's second mile and steadily pulled away to win the world's largest 10-mile road race in 48 minutes, 35 seconds.

"My thought was the first mile was too slow and I wanted the pace to be faster," said Kirkpatrick, who left his teammates after running the first mile in 5:03 and went on to complete the race with a 4:51 pace. "I didn't want it to come down to the last couple of miles. It was like: If I'm going to win this, I want to go from the start."

Problem is: One is the loneliest number.

"I was running scared pretty much the whole race," Kirkpatrick admitted. "But I knew I wasn't going to look back until the nine-mile mark. I knew by then that I was in control."

So did the remainder of the record field of 11,901 runners.

"I guess Ryan really knew himself; he knew what he was doing," said ninth-place finisher Sammy Ngatia, who waited two years to defend his title from the 2000 Army Ten-Miler because the 2001 rendition was canceled by security concerns immediately following the Sept. 11 terrorist attack on the Pentagon. "He was really strong today. For me, it was too windy to try to catch up at the end."

Capt. Scott Goff pulled away from WCAP

training partners Sgt. Christopher England, Sgt. Sandu Rebeneiuc and Sgt. Phillip Castillo during the final mile to finish second in a personal-best of 49:06.

"It was a little cold and windy out there, but it was a good race," said Goff, 26, a native of Barrington, R.I., who was content with the early pace. "Ryan made a good move and we hung back just a little bit. We thought maybe we could catch him late, but he was just too strong."

England, 28, a water treatment specialist from Jackson, Wyo., finished third in 49:13, and was followed by steeplechaser Rebeneiuc, 33, a native of Romania, in fourth place.

"Capt. Goff was setting the pace," England said. "We were just trying to hang on. I've been struggling the whole year, so this was a very good run for me. I finished strong."

Italian soldiers Buttazzo Gianmanco, 25, and Sebastiano Mazzara, 27, both from Rome, interrupted the parade of Americans in fifth and eighth places in 50:01 and 50:58.

Castillo, 29, a quartermaster marathoner from Acoma Pueblo, N.M., finished sixth in



The first of 11,901 runners get an early start to the Army Ten-Miler Oct. 20. Soldiers participating in the Army World Class Athlete Program swept the top four men's slots of the country's largest road race. (Photo by Tim Hipps)

50:10, and was followed by Teddy Mitchell, 30, of Fort Carson, Colo.

Old faithful Ngatia, 43, of Fort Carson, led all masters by finishing ninth overall in 51:17 with a valiant defense of his crown. Ngatia, among the mix in all six of his Army gallops around

an event with this many people and it comes off unhinged with no problems." Ditto from England, 28, of Columbus, Ohio.

"Being in the nation's capital and being in the military, especially with everything that's happened in the last year, it was — I don't want to say culminating event, but for the year it was a great event. It's very inspiring with all the spectators and fellow military cheering us on.

"I would've been disappointed if the race was canceled because of the sniper or any other issues. I just think that's fueling the fire. This is a huge statement, saying: 'Hey, nobody is going to slow us down.' This is why we're the greatest nation in the free world."

As steadfast as Ngatia was about defending his title, he was equally touched by the Army's decision to stage Sunday's 18th running of the world's largest 10-mile road race. And you can rest assured that he will return.

"Just tell them: 'Next time, the old man is coming to get them,'" Ngatia said of the WCAP's front-runners. "Tell them I'll be back."

So will Kirkpatrick, a West Point graduate whose sights are set on the 2004 Summer Olympic Track and Field Trials.

"There's a reason why we came here to finish one through four," he said of the WCAPers. "We were here to show the Army's elite in their own right athletes that we're the elite of the Army and show them what we do. It's kind of to make a point and say: 'This is what we do. We're very good at this.' That's why the Army gives us the opportunity to train full-time."

"There's nothing better than being in a road race with 20,000 other people and hearing the 'Go Army' cheers. No one ever says 'Go Nike' or 'Go adidas.' Everyone says 'Go Army.' That's at any race I go to — anywhere in the United States, on the roads or on the track, and there are 'Go Army' cheers.

"It's great to be able to go out and represent the Army in that way. I always get the support of the fans, and that's something that you can't replace."

(Tim Hipps is a staff writer for the Fort Belvoir, Va., Eagle newspaper.)

Don't forget to pick up a college education on your next trip to the commissary!

The Scholarships for Military Children program can help with a \$1,500 scholarship!



For information about applying, contact your local commissary store director, guidance counselor or visit our scholarship page online at www.commissaries.com under "What's New."

Visit the
Connecticut Guardian
on-line at
www.ct.ngb.army.mil

Retirees' Voice

Veterans benefits to increase by 1.4 percent in December

WASHINGTON (Nov. 1, 2002) - Monthly compensation for 3.3 million veterans and survivors will increase 1.4 percent in December.

The annual cost of living increase in veterans benefits matches the increase to Social Security beneficiaries using a formula that considers the consumer price index for urban wage earners and clerical workers.

"Part of the nation's commitment to care for veterans disabled in service to their country and to aid their survivors is to ensure those benefits keep up with inflation," Secretary of Veterans Affairs Anthony J. Principi said.

The increase in payment rates was provided by the Veterans' Compensation Cost-of-Living Adjustment Act of 2002, which was signed by President Bush on October 23.

The 1.4 percent increase will first appear in Department of Veterans Affairs (VA)

payments received in January that reflect benefits earned in December, when the increase becomes effective.

Those affected by the increase include 2.4 million veterans receiving compensation for disabilities sustained or made worse during their military service, as well as 347,000 wartime veterans who are totally disabled from civilian-life causes and who receive a pension under an income-based program.

The increase also will go to 310,000 survivors of veterans who died in service or from a service-connected condition and another 239,000 who are served by an income-based program for survivors of wartime veterans.

Most veterans and survivors will receive their increased VA compensation or pension through direct deposit, which VA encourages because of its superior security over mailed checks.

E-mail list being compiled

Maj. (Ret.) Frank Perry and Command Sgt. Maj. (Ret.) Tony Savino are currently in the process of compiling a retirees' master e-mail list.

The list is intended to distribute information to retirees about events that may concern them such as reunions, deaths,

retirement parties and so forth.

To get your name and e-mail address added to this list, contact Perry at frank.perry@ct.ngb.army.mil

All addresses will be kept confidential, and are intended only for the reasons mentioned here.

Do you know these guys?



Sgt. Red Lewis, Cpl. Ralph DeNicolo, WO Felix Linkiewicz and Master Sgt. James Throwe of the 745th AAA Gun Battery spend time in their Fort Stewart, Georgia office in February 1951. Throwe was the youngest battalion sergeant major then.

If you have a picture of historical nature to share with our readers, email if possible to debby.newton@ct.ngb.army.mil or mail to Sgt. 1st Class Debby Newton, Public Affairs Office, National Guard Army, 360 Broad Street, Hartford, CT 06105-3795. All photos will be returned.

Notable Quotables

"These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands it now, deserves the love and thanks of man and woman." (Thomas Paine - political writer credited for "inspiring the American Revolution.")

"Fellow citizens, we cannot escape history. We of this Congress and this administration will be remembered in spite of ourselves. No personal significance, or insignificance, can spare one or another of us. The fiery trial through which we pass, will light us down, in honor or dishonor, to the latest generation... We - even we here - hold the power, and bear the responsibility... We shall nobly save, or meanly lose, the last best hope of earth." (Abraham Lincoln - 16th President of the United States)

"It is not enough to fight. It is the spirit which we bring to the fight that decides the issue. It is morale that wins the victory." (George Marshall - "General of the Armies" in WWII)

"When there is a visible enemy to fight in open combat... many serve, all applaud and the tide of patriotism runs high. But when there is a long, slow struggle with no immediate, visible foe, your choice will seem hard indeed." (President John F. Kennedy, address to the graduating class, U.S. Naval Academy, June 1961.)



Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air Guard Technician openings. For a copy of the Technician vacancy Announcement, see your technician/military supervisor or call Master Sgt. Kevin Salsbury at (860) 878-6739.

Note: Outdated Closing dates indicate that applications are currently under consideration. Individuals interested in applying for the position are encouraged to do so and may receive an interview, if qualified, and no one else has been previously selected. Several additional job postings are available on the Connecticut National Guard Website.

Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Management Analyst	DOL	GS-09	Nov. 20, 2002
Auditor	USPFO	GS-11	Oct. 7, 2002
Administrative Assistant	USPFO	GS-07	Oct. 7, 2002
Maintenance Specialist	SMMO	GS-09	Oct. 4, 2002

Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing date
Aircraft Technician (Indef)	103dFW,LOG	WG-10/08/05	Nov. 18, 2002
Electronics Mechanic (Indef)	103dFW,LOG	WG-11/08/05	Nov. 18, 2002
Fabric Worker	103dFW,LOG	WG-09/07/05	Nov. 7, 2002
Aircraft Mechanic (Two positions)	103dFW,LOG	WG-10/08/05	Nov. 1, 2002

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, see your supervisor or call Sgt. 1st Class Jacqueline Thomas at (860) 878-6729.

Note: Several additional job postings are available on the Connecticut National Guard Website.

Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Personnel Svcs. Branch Chief	HHD STARC PSC	WO4 or below	On Board AGR Only
Material Management NCO	1109thAVCRAD	SSG/E-6	On Board AGR Only
Production Recruiter	HHD STARC, R&R CMD	SFC/E-7	Open Statewide
Supply Sergeant	141st Medical Co.	SSG/E-6	On Board AGR Only

Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Fabric Worker	103dFW,LOG	MSG	Open AGR
Aircraft Mechanic (Two Positions)	103dFW,LOG	SSG	On Board AGR Only

The complete listing of both Technician and AGR vacancies and job descriptions can also be accessed by going to the Connecticut National Guard website at www.ct.ngb.army.mil

WANT TO JOIN OUR TEAM?

CALL

1-800-716-3530

Connecticut's Army National Guard

Coming Events

November

November 5

Election Day

November 7

Officer Dining-In

November 9

Veteran's Day Parade

November 11

Veteran's Day

November 18

Governor's Care and Share Kick-Off

November 28

Thanksgiving

November 29

Hanukkah begins at sundown

December

December 7

Pearl Harbor Remembrance Day

December 25

Christmas

December 31

New Year's Eve

In the Next CG

The real cost of drunk driving

A historical look at Iraq and Hussein

Connecticut's new chemical company

Personal safety during the holidays

Deadline for submissions is the 15th of the month
previous to publication.

Rescue training in an NBC environment

From page 1

It happened so quickly, there was nothing the driver of the car or the pilot of the plane could do to avoid the death and destruction that was about to happen. Within seconds the car was crushed, the plane had broken into several pieces, walking wounded and bodies were scattered everywhere, and a strange thick yellow substance had poured out from the 55-gallon drum that had been in the cargo area of the plane.

That's when the medics of the 118th Medical Battalion went into overdrive.

The information they received was that there had been plane versus car crash at the runway, as many as 25-30 people were dead or injured, smoke and fire were everywhere, and there was a very strong possibility that they would be entering a chemically or biologically contaminated area.

Fortunately for all concerned, this was a training event designed to help the medics hone their skills in an NBC environment. Also involved in this training were the 141st Medical Company, CTARNG and Company A, 118th Medical Battalion from the Massachusetts Army National Guard. Providing victims and patients were the 192nd and 242nd Engineer battalions.

The medics immediately jumped into action, donning their NBC protective suits and masks, checking equipment and maps, and heading to the runway, uncertain of how many victims there were, or what else they might find when they got there.

Once at the site, it was a frenetic scene as medics triaged the many wounded soldiers using the DIME principle: patients are sorted out by urgency of treatment needs: Delay, Immediate, Minimal injury and Expectant (as in

expected to die). They also needed to get the protective masks on all the victims that had not already done so for themselves. Some patients were combative, and refused to put them on, others ripped them off in panic after they had been put on, and still others just walked around the scene calling for help and wondering what had just happened.

After the victims had all been triaged, they were taken back to the treatment site at Stone's Ranch, where this exercise was taking place.

The ambulances brought the patients and the medics to a decontamination site where personnel and equipment were "cleaned." The patients then were taken to a clean treatment site where the medics worked on amputations, shock, burns of unknown origin (they could have been from flame, chemicals or fuel), broken bones, puncture wounds and even sucking chest wounds.



A medic searches a smashed car for victims. (Photo by Sgt. 1st Class Debbi Newton, State Senior PA NCO)



Medics from the 118th Medical Battalion work quickly to triage patients at the site of a plane versus car crash. At the time it was unknown if the smoke in the background was smoke from the crash or from a chemical or biological agent. (Photo by Sgt. 1st Class Debbi Newton, State Senior PA NCO)

"It was great training for the soldiers to see where they are in terms of their skills," said Maj. Kevin McMahon, Battalion S-3. "It also gave them the added pressure of having to do all their work at the crash site in full protective gear, and they had to bring all their NBC training as well as medical training to bear on this exercise. Once they arrived at the crash site, they had to do all the usual medical procedures, but they also had to call in an NBC-1 report."

While this was just an exercise, McMahon said training of this type is very important, especially with the current world climate.

"This is training that will continue to take place so we can become more proficient in what we do, and so we are prepared for anything," said McMahon.



A soldier is in shock and wandering around after losing her hand in a plane crash. This was only an exercise. (Photo by Sgt. 1st Class Debbi Newton, State Senior PA NCO)

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